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NEWS WORTH SHARING.

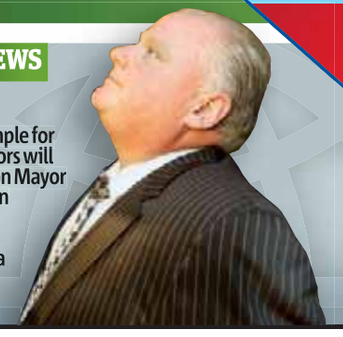
WHAT, IS IT THE COLOUR?

Elvis Stojko sports thigh-high leather boots during a preview of Mirvish Productions' new theatre season on Tuesday. Stojko will be featured in Blades on Stage: A Broadway Holiday Spectacular on Ice at the Princess of Wales Theatre from Dec. 24 through Jan. 4. More on the Mirvish shows, page 6.

ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

BREAKING NEWS

- Having taken a sample for a lung biopsy, doctors will update the public on Mayor Rob Ford's health on Wednesday.
- Go to metronews.ca for the latest developments.



Terror tweeter from the GTA?

'Abu Turaab.' Former Mississauga resident identified as person exalting crimes of ISIS

The world of Twitter is alleging an Ontario man is a jihadist with a predilection for social-media missives championing terrorism, acts of torture and violence in Syria.

On a Twitter page belonging to a user named Abu Turaab, messages condone atrocities including the recent beheading of American journalist James Foley by terrorist group the Islamic State of Iraq and al-Sham (ISIS).

The National Post identified the person behind the tweets as 23-year-old Mohammad Ali, a former Mississauga resident who left the country in April for Turkey before crossing into northern Syria.

The Twitter user, believed to be the first person in the GTA publicly linked to ISIS, did not respond to a Tuesday tweet from Torstar News Service requesting comment and confirmation of his identity.

A spokesperson for Steven Blaney, Canada's minister of public safety and emergency preparedness, refused to comment on whether the man is known to police.

"We don't comment on operational matters of national security," spokesperson Jason Tamming told Torstar in an email.

"We will continue protecting law-abiding Canadian families from those who would seek to do them harm."

Using #IS to represent ISIS, Turaab recently posted: "Roses are red, Violets are blue, #IS is coming, To a town near you."

As early as Aug. 15, he began using an account with a cat profile picture to quote Allah, make references to ISIS, post photos of armed men and taunt American authorities.

In one message, he taunts the military: "Everyone knows the U.S. army is made up of criminals and high-school dropouts with no future so they join to avoid flipping burgers at McDees."

The man's current whereabouts are unknown.

TORSTAR NEWS SERVICE

Canadian extremists

In February, Michel Coulombe, director of the Canadian Security Intelligence Service, said there are about 130 Canadians fighting alongside extremist groups around the world.

- Thirty of them were said to be in Syria, and many are believed to hold dual citizenship.

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FIVE THINGS YOU NEED TO KNOW TODAY

1

LAUGH FOR 10 DAYS

Toronto's Comedy Festival, Sept. 18 to 27, will tickle your funny bone with performances from popular comedians. Go to jfl42.com for info.

2

NIGHT FOR RIGHTS

Support human rights journalism at JHR's Night for Rights After Party 2014 Thursday, featuring Dragonette performing at Arcadian Court. Info at night4rights.com.

3

DUMPCANO

After four months burning, Iqaluit's "dumpcano" has been extinguished. According to officials, crews spent 17 days removing buckets of garbage from the pile and dunking them in a pond.

4

B.C. TEACHERS' STRIKE

A marathon bargaining session with help from a mediator has led to a tentative deal that could end British Columbia's bitter teachers' strike.

5

BLUE STEEL!

Will Ferrell's turn as fashion-label boss Mugatu helped cement his status as a Hollywood draw, and it looks like he may reprise the Zoolander role in a movie sequel.

Black Keys put on a show

The Black Keys' frontman Dan Auerbach delivers some hook-laden anthems at the ACC on Tuesday night, touring in support of the mega-selling band's 8th LP, Turn Blue. TOM PANDI/FOR METRO

Toronto trustees were racking up those flyer miles

TDSB. Taxpayers have been charged more than $111,000 for conferences across North America: Reports

Toronto public school trustees spent more than $111,000 on conferences over a three-year period, travelling to California, Boston and Whistler on the taxpayers' dime, say two confidential reports obtained by Torstar News Service.

The biggest spenders were Gerri Gershon, racking up $13,804.54 in conference costs, Elizabeth Moyer at $13,727.53 and Shelley Laskin at $13,333.93 from 2010-11 to 2012-13, the reports show.

These figures come as Toronto trustees face a barrage of criticism over their spending habits.

Details

- The confidential reports compile, for the first time, different funds trustees can dip into to charge for conferences.
- In total, all 22 Toronto District School Board trustees spent more than $111,009.89 on conference travel during the three school years.

A separate internal audit, obtained via a freedom-of-information request, shows they were reimbursed for hand lotion, a floor mat, $11.30 worth of chocolate bars, a $205 air tour of the Alberta oilsands and Gershon's almost $4,000 tour of Israel.

"Taxpayers have been rightfully upset to learn about past trustee expenses at the TDSB," said board chair Mari Rutka in a letter to Torstar News Service on Tuesday, adding trustees and director Donna Quan asked for the internal audit to identify the problems.

"And, since and because of that report, we have made the changes needed to make sure future expenses are fully compliant with a new and much tougher expense policy, which came into effect in May of this year.

"While I believe that some expenses — not all — were submitted with the best of intentions and that reasonable explanations for those expenses may exist, in the end, I also acknowledge the fact that some expenses were not appropriate and should not have been expensed — let alone approved."

TORSTAR NEWS SERVICE

Toronto woman's online stalker pleads guilty, given no jail time

Mental health challenges cited. Judge accepts lawyers' joint submission but says it was a 'close call' due to severity of the crime

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Michael Sopinka stalked two women online, threatening to rape one and scaring the other into sending him a photo of her breasts.

He pleaded guilty in a Toronto courtroom Tuesday, but will serve no jail time because of his mental health challenges.

Sopinka, 30, of Stoney Creek, pleaded guilty to two counts of criminal harassment and one count of threatening death.

Crown lawyer Karen Erlick and defence lawyer Frank Crewb made a joint submission to Justice Timothy R. Lipson, suggesting Sopinka receive no jail time, but get a three-year suspended sentence with multiple conditions, including no contact with the victims, getting counselling and not accessing social media except for the purpose of employment.

The Crown also asked for an order for Sopinka's DNA and a prohibition on weapons possession for 10 years. Erlick asked to be personally notified, within 48 hours, if he re-offends.

The judge accepted the lawyers' submission, but said it was a "close call" because of the severity of the crime.

"Everybody in this room is struck by the dark and sordid messages Mr. Sopinka relayed to his victims via social media," said Justice Lipson. "At first blush, this particular set of circumstances should result in a lengthy jail period."

He accepted the defence's submission that Sopinka had received treatment for severe depression and substance abuse, which contributed to his crimes.

He warned Sopinka that any violation of the conditions, or subsequent arrest or charge, would land him in jail.

One of the victims, Vanessa Bruno, said she was "OK" with the verdict, but sad that his lawyer used Sopinka's depression as an excuse or explanation for his behaviour — especially considering widespread misunderstanding of mental illness by the public.

"The suggestion that someone suffering from depression would go out of their way to harass and threaten someone is ridiculous and offensive and just not true," she said.

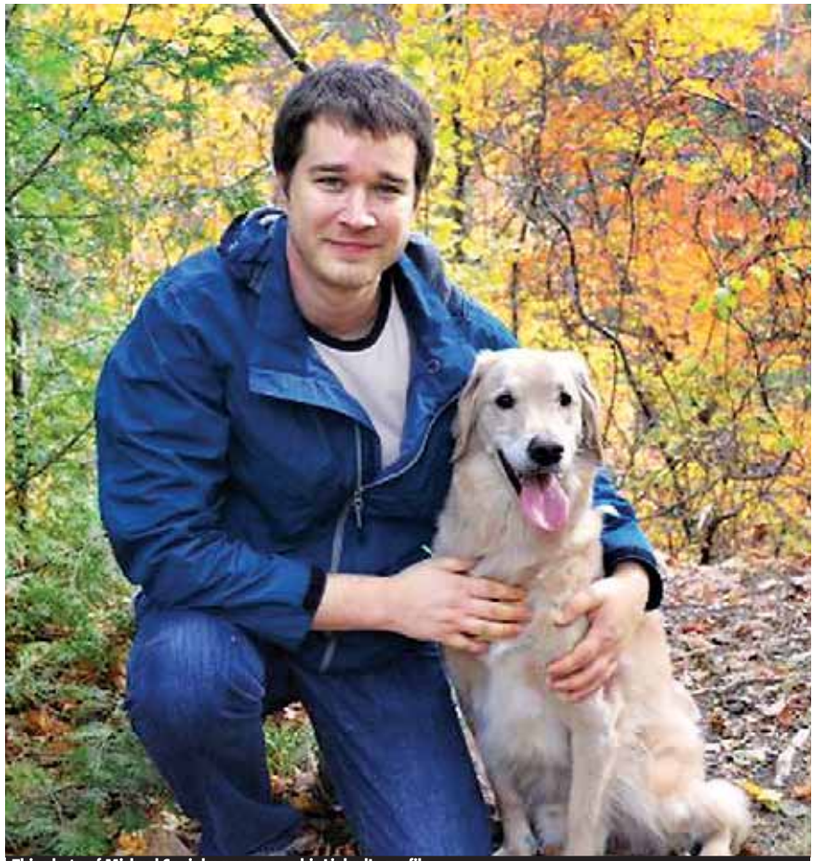
"While I thought I would feel angrier after seeing this stranger who made a year of my life miserable in person, the truth is I am just relieved it's all over," she said.

"Hopefully it will make someone think twice before they try to 'anonymously' harass or threaten someone online. This case is proof they can be caught and punished."

Sopinka had struggled with his mental health when he was younger, but received treatment and was doing well, graduating from university, holding down a job as a software consultant and buying his own home before his condition worsened, the defence said.

Victim 'OK' with verdict

"Hopefully it will make someone think twice before they try to 'anonymously' harass or threaten someone online. This case is proof they can be caught and punished."
Vanessa Bruno


This photo of Michael Sopinka appears on his LinkedIn profile. LINKEDIN.COM

'Vulgar' messages lasted half a year

Metro published an initial story about the stalking of Vanessa Bruno and her frustration with the slow pace of the investigation on Nov. 26, 2013.

A statement of facts agreed to in court by both sides confirmed Bruno's story. In June 2013, Michael Sopinka began sending "disturbing" messages to Bruno online through Facebook, Twitter and her blog under the name "Marty."

On Facebook, he sent a message to one of Bruno's friends, who was pregnant at the time, that said, "After I'm done with Vanessa I'm going to slit your baby's throat."

The messages, described as "vulgar, discriminating and disturbing," continued between August and November of that year.

One message was sent from a profile set up in the name of her brother, who had recently committed suicide, with a profile picture that depicted the method her brother had used to end his life. The message said: "Maybe if you weren't such a bitch your brother wouldn't have killed himself."

The messages suggested he was stalking her and went into detail about "hiring Russian guys to rape her," according to the statement of facts.

In December 2013, Toronto police arrested Sopinka.

After Metro published the first story on Bruno, an online security expert, Steve Browning, offered his help finding the stalker. The Toronto police traced an IP address used to message Bruno to a Michael Sopinka.

Vanessa Bruno was stalked by an anonymous online tormentor who threatened to rape her. CONTRIBUTED

Browning and Bruno worked together and uncovered deleted Tumblr posts written by a woman who complained about being threatened into sending a photo of her breasts to a man using a Facebook account under the same name.

After Metro reported Sopinka's arrest, that woman — who asked her name be withheld — contacted police.

The statement of facts said Sopinka had found her on Facebook and threatened her and scared her into sending him a photo of her breasts.

After she released information about him on Tumblr, he threatened to release her photo unless she took the Tumblr down. She did.

When she threatened to go to the police, Sopinka ceased contact.

JESSICA SMITH CROSS/METRO

Statement to the judge

The stalker speaks: 'Alone and desperate ... I wanted someone else to feel the same'

In early December, after Metro's initial story was published and before he was arrested, Sopinka contacted Metro and wrote that he had gone off his medication for the past year, but checked into a hospital after the story came out. He said his mental health had affected his decisions.

"Most communication with Bruno, save for the last week, has been done while I was in a 'down' mood and wanting her to feel the anguish I felt at the time. This is why any comments about rape or her brother occurred, as those are particular emotional pain points for any human," he wrote.

The rambling email contained insults about Bruno and vague threats of ruining the careers of her friends who'd talked about him and the stalking story on social media.

In court Tuesday, Sopinka read a statement to the judge. He said he was forbidden by the conditions of his bail to address the victims, but if he could he would say he was sorry for the fear he caused.

Sopinka said he was "alone and desperate" at the time of the stalking.

"I wanted someone else to feel the same," he said.

JESSICA SMITH CROSS/METRO

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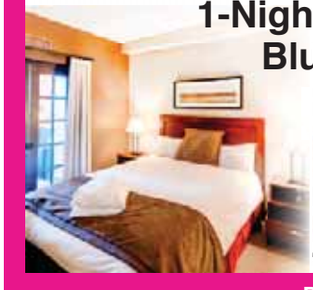

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Let's do burger battle

Mayoral candidates hope Lakeview Restaurant diners vote with their stomachs: The politician with the most burgers bought by Oct. 20 will be declared winner ... of Metro's burger poll

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

One unexpected peril of being a politician: The food-related photo op.

"I'm not going to take a real bite on camera because it'll end up on my face and I'll get barbecue sauce on my sweater," John Tory told the chef, management and wait staff at the Lakeview Restaurant on Dundas Street Saturday.

He was also joined by his campaign entourage and several Metro staffers for the first photo op for Metro's #MayorThisBurger poll.

The Lakeview has created four burgers to reflect four mayoral candidates: Tory, Olivia Chow, Morgan Baskin and Doug Ford. Diners will vote with their stomachs: The politician with the most of their burgers bought by Oct. 20 will be declared the winner.

Tory said he had reason to believe things can go badly at food photo ops and told a story about former progressive conservative leader Robert Stanfield being photographed holding a banana and forever after being drawn in cartoons doing the same.

On Sunday, Chow dared to take a bite on camera, although it didn't seem to be easy as she's not a big person and the giant burger dressed in Jack cheese, Chow Chow relish, lettuce and tomato seemed almost as big as her. "Wow," she said. "A good size."

Later on Sunday, Baskin impressed the Lakeview staff by eating the entire veggie burger — with two veggie patties, cheese, baby spinach, Doritos, lettuce and tomatoes, served with a glass of cheery Kool-Aid — and was therefore treated to a slice of apple pie.

Doug Ford, who has replaced his ailing brother Rob in the mayoral race, has not yet returned a request for Metro's burger poll.

#mayorthisburger

Visit The Lakeview Restaurant at 1132 Dundas Street West and buy a burger to participate. Share shots of your meal with #mayorthisburger on instagram.

PHOTOS COURTESY OF LAKEVIEW RESTAURANT

Olivia Chow

Chow certainly enjoyed her burger.

"I like the spice," she said. "It's meaty."

The "meaty" represents her campaign well, she said. "I'm strong in policies."

"It's a bit spicy and you need an extra oomph to rebuild the damage the Fords have done," she added.

As for the Jack cheese, chosen in honour of her late husband, she said, "It's a very beautiful flavour. A very hopeful flavour."

John Tory

Tory loved his burger as well, even though he was skeptical at first about the blueberry sauce and the idea of putting chips in a burger.

"I love blue cheese. That blue cheese is in my PC roots," he said. "Even the chips are OK."

The chips softened up in the burger, which was good because, to Tory, crunchy things in burgers are "a little disconcerting."

"I'm proud to take this into battle," he said. "The blue cheese is a little tangy and the blueberry sauce is a little sweet and it actually is a nice combination."

Morgan Baskin

Baskin enjoyed her burger and won over the Lakeview by telling everyone that it might make her want to run for mayor every year.

She wasn't sure how well it represented her.

"It's tough to transfer a personality into burger toppings," she said. "It's good. I'm great. So it goes pretty well."

"It's vegetarian, so I can eat it, so that's cool," she added.

Baskin said she was "cool" with the youthful theme to the toppings.

"Everyone can drink the Morgan Baskin Kool-Aid," she quipped. "That would be great."

Think Pink, Canada — keep the Wall of Hope alive and Run for the Cure

CIBC's new CEO Victor Dodig and breast cancer survivor Anne Wood post messages on the Wall of Hope at Commerce Court Courtyard Tuesday to mark the start of Think Pink Week across Canada. The event kicked off fundraising for the Canadian Breast Cancer Foundation CIBC Run for the Cure in support of breast cancer research, Sunday, Oct. 5, with seven run sites across the GTA. CONTRIBUTED

New Mirvish shows make Titanic splash

Angela Lansbury, the beloved star of Murder, She Wrote and winner of five Tony Awards on Broadway, will come to Toronto in February to brighten up our winter.

At the Mirvish season announcement on Tuesday, master of ceremonies Elvis Stojko revealed that Lansbury will appear in Blithe Spirit, the "mystery production" that theatregoers have been waiting to learn about for months.

The Noel Coward comedy, directed by Michael Blakemore, will play at the Princess of Wales Theatre from Feb. 11 through March 15, 2015. The revival has already had acclaimed runs on Broadway and London's West End.

Stojko himself will figure in an exciting concept that will take over the Princess of Wales Theatre from Dec. 24 through Jan. 4: An ice show onstage, not in an arena, called Blades on Stage: A Broadway Holiday Spectacular on Ice.

Stojko will star with Shae-Lynn Bourne and many others.

The revival of Titanic, which was originally scheduled for this fall and postponed due to theatre availability in other cities, will be seen at the Princess of Wales from May 20 through June 21, 2015.

Rick Miller presented a teaser from his new show, Boom. And the surprise hit of the morning was Christopher Hanke, who took us into the shopping mall in Barbra Streisand's basement that serves as the setting for the surreal comedy Buyer and Cellar, which Hanke will star in when it plays the Panasonic Theatre in November.

It's the largest Mirvish season ever, with 19 shows, including the currently playing Wicked, The Book of Mormon and Our Country's Good; the previously announced all-Canadian production of Once; Kinky Boots, Newsies, Donny & Marie: A Broadway Christmas, Jersey Boys, Arcadia, The Heart of Robin Hood, Julie Madly Deeply and The Boy With Tape on His Face. **TORSTAR NEWS SERVICE/ WITH FILES FROM THE CANADIAN PRESS**

Bonus

A few more bonus shows were added to the Mirvish mix, including the return of Toronto's favourite possum, Dame Edna, a.k.a. Barry Humphries, who will present Dame Edna's Glorious Goodbye — The Farewell Tour from April 9 through 19 at the Royal Alexandra Theatre.

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Legal Matters

Personal injury law and the importance of specialization

Wendy Moore Mandel, Personal Injury Alliance

Q When someone is seriously injured, why is it important to hire a lawyer who specializes in personal injury law?

A Catastrophic injury cases are complex and, therefore, require a lawyer who is equipped to deal with all the different components — the medical issues concerning the specific injury, the prediction of future needs and calculation of economic losses, and the interactions between insurance systems, no-fault, civil tort, and private disability, to name a few. The lawyer must also know how to put these pieces together to achieve the best outcome in terms of rehabilitation, care and compensation.

Q What are the risks of hiring a lawyer without a personal injury specialty?

A If the lawyer doesn't have the experience to fully understand and assess the injury and doesn't know how to access the necessary resources, both medical and financial, an injured person could miss out on much needed rehabilitation and could receive less than fair compensation.

Q How do you ensure you are hiring the right lawyer?

A Experience matters. Look behind the advertising and check the credentials of both the lawyer and his or her firm. A lawyer should be certified by the Law Society, recognized by their peers in legitimate reviews — L'expert and Best Lawyers in Canada — and have years of experience practising personal injury law. The law firm, like all of the firms in the Personal Injury Alliance, should have a solid track record of handling complex cases. For more information, go to pialaw.ca/credentials.

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Taxman

CRA sets up self-snitch line

The taxman wants to know if any of his own are up to no good. That's why the Canada Revenue Agency is in the process of setting up a self-snitch line. The so-called internal fraud and misuse reporting lines would give agency staff a way to confidentially report any concerns about their colleagues. THE CANADIAN PRESS

Fight with ISIS

Not a combat mission: Harper

Prime Minister Stephen Harper says 69 special forces soldiers have been sent to northern Iraq to advise and assist local forces in the fight against the militants known as the Islamic State of Iraq and al-Sham (ISIS). Both the New Democrats and Liberals want Parliament to vote on the deployment, but Harper says that won't happen because it's not a combat mission.
THE CANADIAN PRESS

Magnotta trial

Jury selection underway

The first day of jury selection in the murder trial of Luka Rocco Magnotta has seen five people chosen to hear the case. Magnotta has pleaded not guilty to five charges, including first-degree murder, in connection with the May 2012 slaying and dismemberment of Jun Lin, 33, a Chinese engineering student.
THE CANADIAN PRESS

Cody Legebokoff

Man who killed 4 women gets life without parole

The northern B.C. man who killed four women has been given a life sentence without the chance of parole for 25 years. Cody Legebokoff's conviction on four counts of first-degree murder automatically assigns him the life sentence. B.C. Supreme Court Justice Glen Parrett told the court as he sentenced Legebokoff that the man fabricated the claim that unnamed drug dealers killed the women.
THE CANADIAN PRESS

Stem-cell donor found for Quebec woman battling leukemia for a second time

Mai Duong addresses a news conference in Montreal, Tuesday. The Quebec woman's desperate online plea for a compatible stem-cell donor in her bid to fight cancer a second time is shedding light on the lack of minorities on official lists in Canada and abroad. GRAHAM HUGHES/THE CANADIAN PRESS

65-year-old Sask. woman deported to Pakistan

Appeal rejected. Jamila Bibi flown out of Toronto Tuesday afternoon: Lawyer

A 65-year-old woman working as a cook in Saskatoon has been deported to her native Pakistan, where her lawyer says her life could be in danger.

Lawyer Bashir Khan says Jamila Bibi was flown out of Toronto on Tuesday afternoon.

He says his client has been barred from re-entering Canada on any visa in the future.

Khan says Bibi fled to Canada in 2007 after being falsely accused of adultery by her husband.

He says traditional Islamic law calls for stoning to death for married people who commit adultery, and adds she could be a target for honour killing.

Bibi's claim for refugee status was rejected and a last-minute appeal to the Federal Court of Canada this week was rejected.

"The applicant has not presented evidence before this court that could support a finding that she will face risks if she is removed to Pakistan that have not been already assessed on two occasions (by immigration officials)," Justice Marie-Josee Bedard wrote.

"Therefore, and considering that the applicant's allegation of irreparable harm is based on risks, she has not met her evidentiary burden."

In her letter to the UN, Bibi wrote she has worked hard to establish herself in Saskatoon but her application for a work permit was not processed.

"I know my life would be in danger if I am sent back and I would rather to have peaceful death here than be killed for something that I did not do," she wrote.
THE CANADIAN PRESS

Minister denies rumours of possible pyramid collapse

4,600 years old. Egypt's Minister of Antiquities offered journalists a tour of the Djoser pyramid

Egypt's antiquities minister took journalists inside a 4,600-year-old pyramid on Tuesday to reject recent accusations of mismanagement at the site as false and "without evidence."

At a news conference at the Saqqara pyramid complex, some 30 kilometres south of Cairo, Minister of Antiquities Mamdouh el-Damaty decried recent media reports alleging that the Djoser pyramid might collapse.

El-Damaty welcomed small groups of journalists inside the stone pyramid to view the inner chamber's steel and wood support scaffolding.

Criticism of the project centres on the government's choice of a contractor, the Shurbagy construction company, which has no antiquities experience.

Critics say a brick wall built on top of the pyramid's base risks damaging the ancient structure.

"This company is full of corruption; they didn't hire professional people," said Monica Hanna, an Egyptian archeologist.

"Looking at archival images of Saqqara over the past 100 years, the pyramid actually looks new," Hanna said. "This should never be the case; we have to conserve these monuments in a way that is unnoticeable."

El-Damaty blamed journalists for not contacting the ministry about "rumours" of the pyramid's structural integrity. THE ASSOCIATED PRESS

Hussien Ahmed, 70, a camel rider, is seen in front of the Djoser Pyramid on Tuesday in Saqqara, Egypt. AMR NABIL/THE ASSOCIATED PRESS

Violence. Brazilian police clash with protesters after eviction of 200 families

Police and housing activists in Brazil's biggest city clashed violently on Tuesday after authorities evicted about 200 families who had illegally occupied an empty hotel in downtown Sao Paulo.

Protesters hurled rocks and pieces of wood at some of the 250 police troops who showed up to evict an estimated 200 families that had occupied the building's 20 floors for six months. The confrontation spread to nearby streets and in front of Sao Paulo's Municipal Theater, where some protesters torched a bus. Police fired rubber bullets, tear gas and stun grenades to disperse the crowd.

Live television images showed some young men wearing gas masks and vandalizing nearby businesses, while others used homemade wooden shields to ward off rubber bullets. Lt. Col. Mauro Lopes of the Sao Paulo police department told reporters seven people suspected of breaking into a store, and of setting the bus on fire, had been arrested. Another 60 people were taken into custody for questioning.

A man and a baby, among those who left an occupied building, are framed by shields of police during an eviction Tuesday in Sao Paulo, Brazil. ANDRE PENNER/THE ASSOCIATED PRESS

Four police officers were injured in the confrontation and taken to nearby hospitals.

Police and members of the so-called "roofless" movement have clashed often in recent months. The movement organizes poor families to move into abandoned buildings, often in central Sao Paulo. THE ASSOCIATED PRESS

Philippines

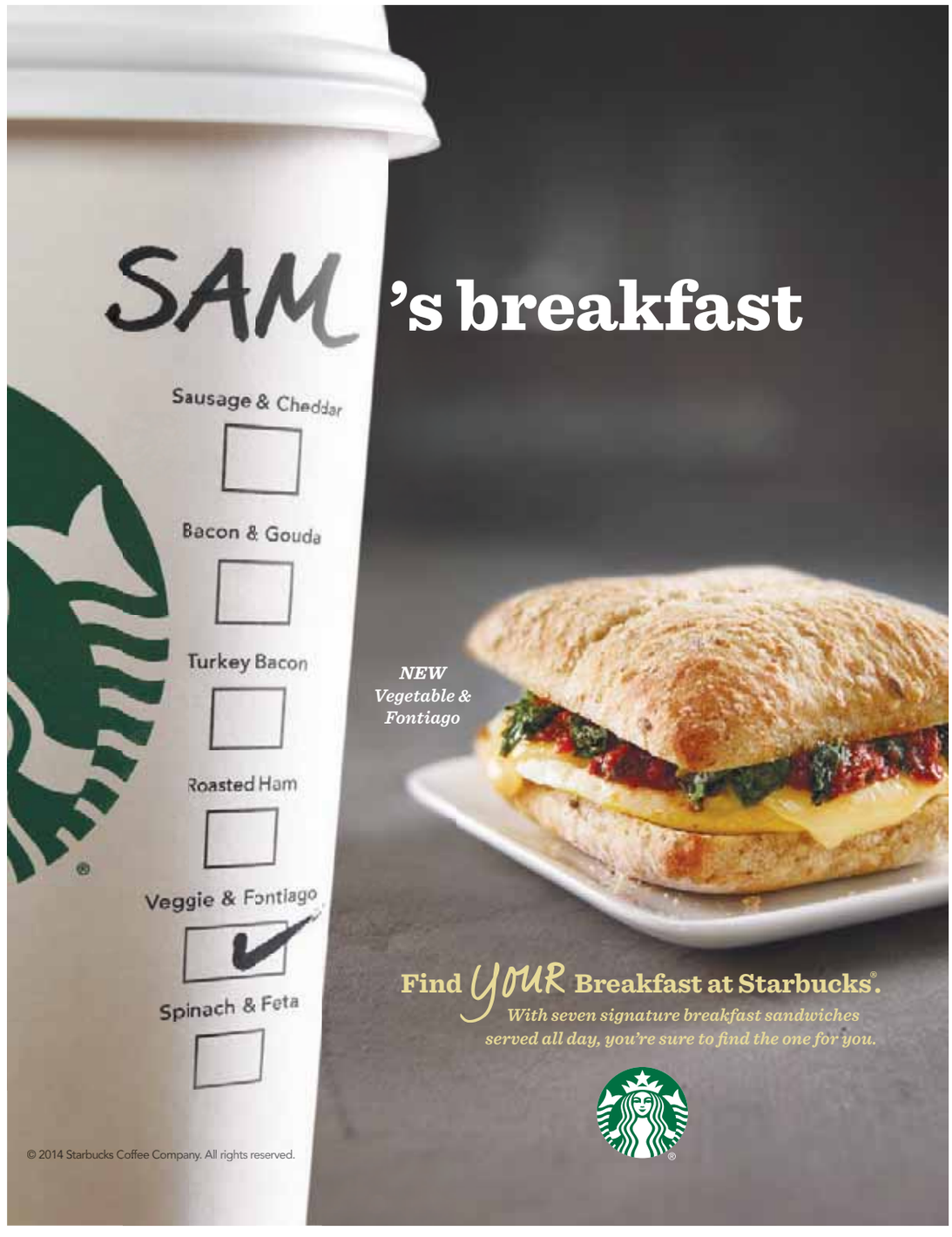
Volcano may erupt 'within weeks,' officials warn

The Philippines' most active volcano belched out huge lava fragments that rolled about a kilometre down its slope in an ongoing gentle eruption, prompting authorities to remove thousands of villagers from the area, officials said Tuesday.

The Philippine Institute of Volcanology and Seismology raised the alert level for Mount Mayon, warning that a "hazardous eruption" is possible within weeks. Increased restiveness was recorded overnight, including the ejection of glowing rocks from the summit and dozens of low-frequency volcanic earthquakes. Molten lava has accumulated at the top of the 2,460-metre volcano's crater, creating a glow in the night sky that sparked both awe and fear among spectators.

Volcanologist Ed Laguerta said he saw huge glowing lava fragments and hot boulders rolling down from Mayon's crater late Monday, when thick clouds parted and revealed the volcano's summit.

Albay Gov. Joey Salceda ordered the evacuation of up to 12,000 residents within eight kilometres of the crater. The area within six kilometres of the volcano is a mandatory evacuation zone. THE ASSOCIATED PRESS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Ukraine solidifies EU ties with landmark agreement

Looking west.
Ukraine has ratified a deal that will draw it closer to the European Union and its allies

Ukraine's parliament ratified a landmark association agreement with the European Union Tuesday, firmly pivoting the country toward the West and drawing a line under the issue that sparked massive protests and led to the ex-president's ouster.

In contrast to the patriotic fanfare of that vote, parliament earlier in the day went behind closed doors to approve laws granting greater autonomy for rebellious, pro-Russian regions in the east, and amnesty for many involved in the fighting.

The laws are part of a peace deal between Kyiv and the Russia-backed separatists, which includes a ceasefire that has been repeatedly violated since it was imposed on Sept. 5. But the Kyiv government has struggled to balance an outwardly pro-European stance with its attempts to end the conflict in the east by giving greater autonomy to the pro-Russian rebels, a move many in Ukraine fear will allow Russia to bolster its influence and further destabilize the region.

After the ratification vote in Kyiv, synchronized with the European parliament by video chat, members of parliament leapt to their feet to sing the Ukrainian national anthem.

"The message this sends could not be clearer: the European Parliament supports Ukraine in its European vocation," said Martin Schulz, the president of the EU Parliament. "The European Parliament will continue defending a united and sovereign Ukraine."

Ukrainian protesters burn tires outside the Ukrainian parliament in Kyiv on Tuesday. The demonstrators rallied in support of a bill that would introduce extra checks for senior government officials. SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

The agreement will lower trade tariffs between Europe and Ukraine, require Ukrainian goods to meet European regulatory standards, and force the Kyiv government to undertake major political and economic reforms. In a speech to legislators, President Petro Poroshenko called the vote a "first but very decisive step" toward bringing Ukraine fully into the European Union.

Poroshenko said those who died during protests against the ex-president and during fighting in the east "gave up their lives so that we could take a dignified place among the European family."

THE ASSOCIATED PRESS

Assisted suicide

Belgian man requests death

A Belgian man convicted of murder and rape is being put to death, feeling he's a menace to society.

Authorities granted a request for assisted suicide by Frank Van Den Bleeken, a man convicted of rape and murder who has been in prison for nearly 30 years. He feels there are no more treatment options for him and he cannot control his sexual urges and wishes to die, his lawyer said.

THE ASSOCIATED PRESS

Ebola outbreak

U.S. orders troops to West Africa

President Barack Obama is ramping up the U.S. response to the Ebola crisis, ordering 3,000 U.S. military personnel to West Africa amid worries that the financial and human cost of the outbreak is growing exponentially in a region overwhelmed by the deadly virus. THE ASSOCIATED PRESS

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VKontakte. Oligarch wrests control of Russia's popular social network

A media company owned by Kremlin-friendly oligarch Alisher Usmanov has splashed out $1.5 billion US to gain full control of Russia's most popular social network, VKontakte, bringing an end to a months-long dispute that saw the original investors sue each other in court.

London-listed Mail.Ru Group said in a statement Tuesday that it now owns the whole of VKontakte following its purchase of a 48 per cent stake from investment fund United Capital Partners.

VKontakte is Russia's most popular social network, with more than 270 million accounts. THE ASSOCIATED PRESS

Russia's richest man

Alisher Usmanov, who is reputed to be worth $18.6 billion US, was named Russia's richest man by the Russian Forbes magazine earlier this year.

Goalkeeper pissed off

Rival fans urinate in player's water bottle

A lower-league Swiss soccer club says it will investigate reports that some of its fans urinated in a water bottle that a rival goalkeeper then drank from.

Reto Felder, a goalkeeper who plays for Muri in the Swiss fourth division, says in the Blick daily newspaper he first thought his drink was warmed by the sun.

He called the prank "crude and disgraceful."

Fans in the crowd of about 500 reportedly persuaded a ball boy to pass them the bottle. THE ASSOCIATED PRESS

Scientists set to examine colossal Antarctic squid

New Zealand.

Researchers hope to find out where the creature fits in the food chain and how it lives and dies

Capt. John Bennett shows the colossal squid he and his crew caught in Antarctica's remote Ross Sea. The creature has tentacles like fire hoses and eyes like dinner plates. COURTESY SAN ASPRING CREW/THE ASSOCIATED PRESS

It was a calm morning in Antarctica's remote Ross Sea, during the season when the sun never sets, when Capt. John Bennett and his crew hauled up a creature with tentacles like fire hoses and eyes like dinner plates from less than two kilometres below the surface.

It was a colossal squid: 350 kilograms, as long as a minibus and one of the sea's most elusive species. It had been frozen for eight months until Tuesday, when scientists in New Zealand got a long-anticipated chance to thaw out the animal and inspect it — once they used a forklift to manoeuvre it into a tank.

The squid is a female, and its eight arms are each well over a metre long. Its two tentacles would have been perhaps double that length if they had not been damaged.

"This is essentially an intact specimen, which is almost an unparalleled opportunity for us to examine. This is a spectacular opportunity," said Kat Bolstad, a squid scientist from the Auckland University of Technology who was leading a team examining the creature. About 142,000 people from 180 countries watched streaming footage of the squid examination on the Internet.

Colossal squid sometimes inhabit the world of fiction and imagination, but have rarely been seen in daylight. Remarkably, Bennett and his crew on the San Aspiring fishing boat have caught two of them. Their first, hauled in seven years ago, is on display in New Zealand's national museum, Te Papa. Bennett said there was so much excitement about his previous catch, he thought he had better save the latest one for research.

Bolstad said it's possible that ancient sightings of the species gave rise to tales of the kraken, or giant sea-monster squid. She said sperm whales often eat colossal squid and are known to play with their food, and sailors may have mistaken that for epic battles. THE ASSOCIATED PRESS

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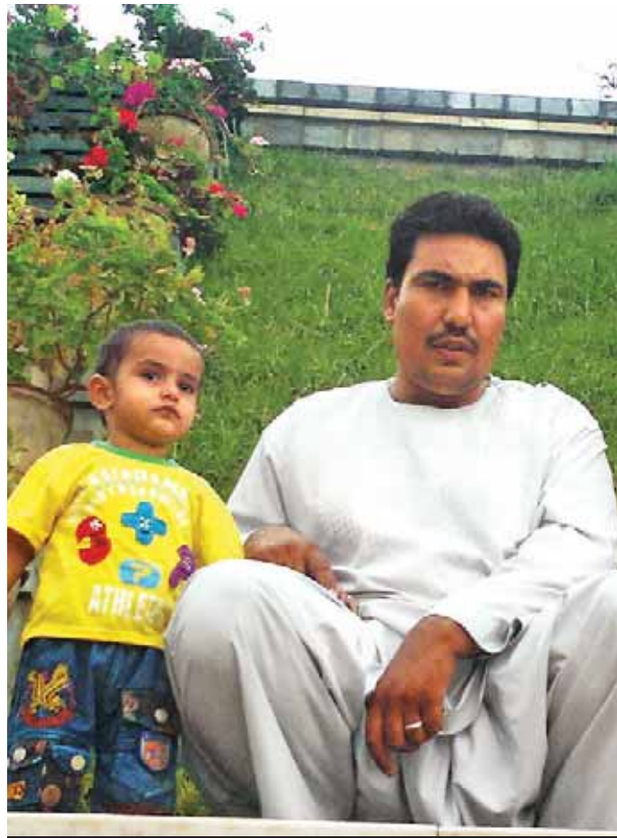
Slain Afghan man hope for a better

'He wanted to secure his family's future.' Refugee dreamed of bringing his wife and two young children to Canada



Abdul Monir, shot dead over the weekend at Pizza Time in Scarborough, with his

Abdul Monir left two children, a wife and a life as a teacher behind when he left Afghanistan. He arrived in Canada as a refugee applicant 10 months ago and had started building a different kind of life here. Though he studied law in Afghanistan, he had just started a job at Halal Pizza Time Restaurant in a Scarborough strip mall.

Monir's family members in Canada and the United States say he was looking forward to his permanent residency hearing, scheduled for next Monday. For him, it was the first step toward being reunited with his wife and children — Nilofer, Hadia, 4, and Ahmad Emran, who is just 2.

But the 31-year-old was shot at the pizza shop just after midnight on Sunday.

He died.

The restaurant's owner, Rahim Dorani, was also shot and remains in hospital. Police are considering the theory that the incident was a robbery that went wrong.

"He wanted to secure his family's future," a bleary-eyed Jaweed Rasuli, Monir's cousin, said on Monday evening. "He went through so much hardship and turmoil to get an education in Afghanistan, and said to himself: 'Why not bring my kids here? Why not let them have an education with peace of mind without a bomb going off? Let them

Hopeful soul

"He had lots of hope. He always talked about this country as being a country of peace. He couldn't wait to see his children again." Baktash Wafa, Monir's brother-in-law.

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was his family's life in Canada

daughter, Hadia, 4, and son Ahmad Emran. FACEBOOK

enjoy school and take on a career that is promising.'"

He was fluent in English and well-educated, with a reputation as an incredibly kind person. His family members say he initially struggled with the idea of spending long days in the pizza shop. The idea of reuniting with his young children, however, saw him through.

Monir talked about his children endlessly, relatives recalled. He shared tales with family over Skype about Hadia's first day at school, and Ahmad Emran learning to walk. His Facebook profile is full of photos of his smiling kids, including one of them sitting on their father's lap in a rose garden.

No arrests have been made. Police are searching for a black man, possibly in his 30s and with a thin build, seen entering the passenger side of a light-coloured four-door Toyota or Honda.

The family said that now they can only hope the government will come through and that Monir's killer will be caught.

Rasuli, with his father Abdul and Monir's brother-in-law, Baktash Wafa, met with senior members of the Afghan-Canadian community Monday evening to discuss their next steps.

The family is appealing to the Canadian government to help bring Monir's wife and children here. They have also set up a trust fund to cover the cost of sending Monir's body back to Afghanistan, estimated at about $20,000, as well as enough money to support his family as they recover from their loss.

TORSTAR NEWS SERVICE

Abdul Monir

- **In his honour.** Donations to the trust fund in Abdul Monir's name are being accepted at afghancanada.com.
- **Police tips.** Anyone with information on the shooting can contact Toronto police homicide squad at 416-808-7400.

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Alberta. New premier announces government will sell its airplane fleet

The Alberta government's controversial fleet of airplanes will soon be gone with the wind, Premier Jim Prentice announced Tuesday.

Prentice said the first decision of his new cabinet was to sell the four-plane fleet that had become a public relations millstone around the neck of the Progressive Conservative government.

"Effective immediately, the premier and ministers will be expected to fly commercial as the primary method of transportation," Prentice told a legislature news conference.

Alberta's fleet of planes will soon be gone, Premier Jim Prentice said on Tuesday. THE CANADIAN PRESS

He said the government is now looking to tender a contract to a charter air service.

THE CANADIAN PRESS

Rare air

Now for sale: Spacey's exhale

Diehard House of Cards fans curious to find out if Frank Underwood's breath really smells like barbecue ribs may finally have their chance.

A jar allegedly containing the breath of actor Kevin Spacey, who stars in the popular Netflix political drama, has gone up for sale on Craigslist in Vancouver.

In the ad, posted Monday, the seller claims to have worked with Spacey on the set of American Beauty, and allegedly asked the star to blow into the jar as a gift for their mother.

METRO IN VANCOUVER

They'll be real all too soon

A film crew member touches up a fake snowman at Historic Properties in Nova Scotia on Tuesday. Historic Properties was standing in for downtown London during a cough syrup commercial for the British pharmaceutical company Beecham's. JEFF HARPER/METRO IN HALIFAX

'A concern.' Expanding waistlines in the U.S. a dangerous trend: Study

The number of American men and women with big-bellied, apple-shaped figures — the most dangerous kind of obesity — has climbed at a startling rate over the past decade, according to a government study.

People whose fat has settled mostly around their waistlines instead of in their hips, thighs, buttocks or all over are known to run a higher risk of heart disease, diabetes and other obesity-related ailments.

Fifty-four per cent of U.S. adults have abdominal obesity, up from 46 per cent in 1999-2000, researchers reported in Wednesday's Journal of the American Medical Association.

During the 12-year period studied, the average waist size in the U.S. expanded to 38 inches for women, a gain of two inches. It grew to 40 inches for men, a one-inch increase.

"The increase is a concern. There's no question about that," said Dr. William Dietz, an obesity expert formerly with the Centers for Disease Control and Prevention, now at George Washington University.

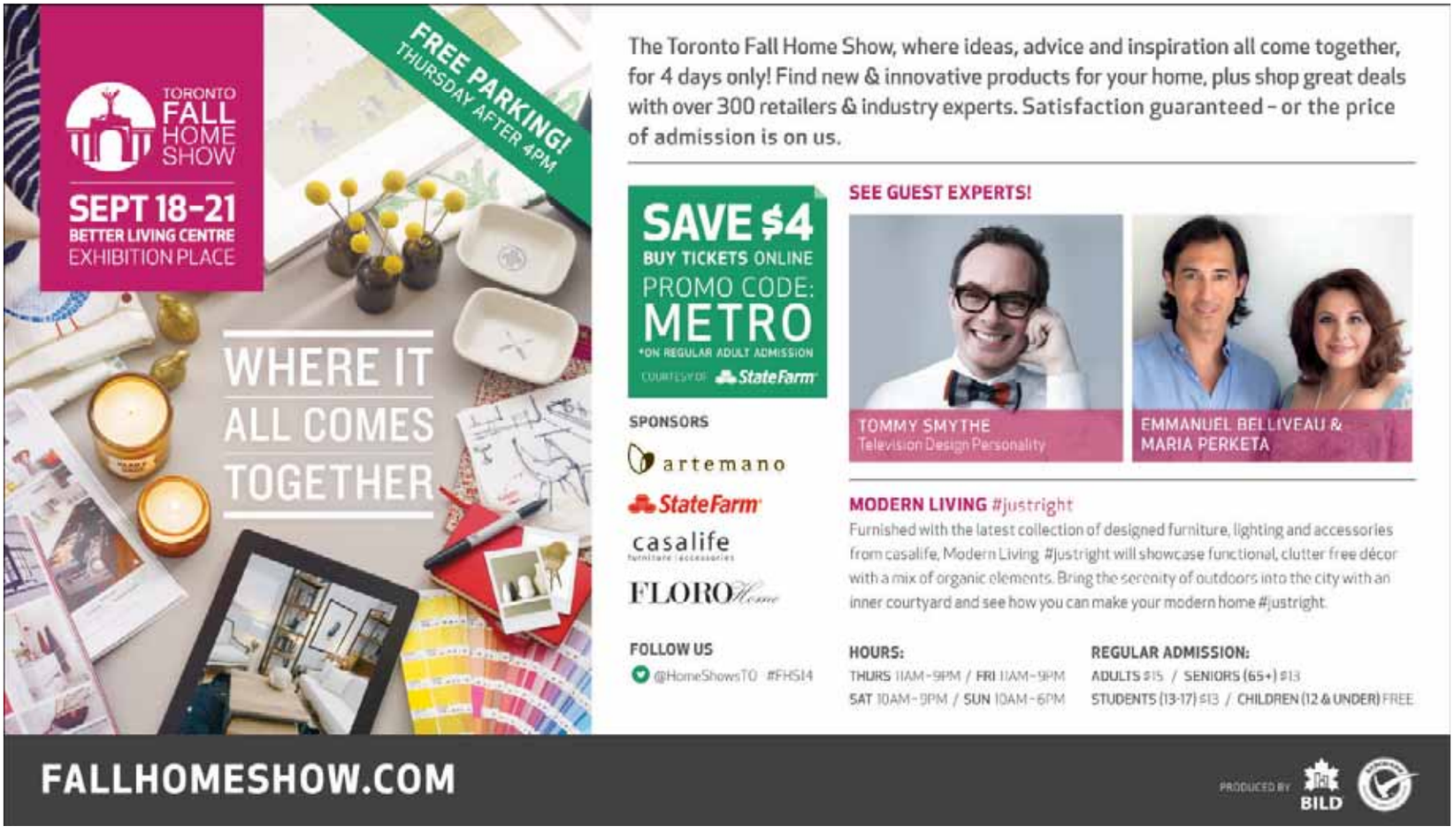
The expansion in waistlines came even as the overall level of obesity — as defined not by waist size but by body mass index, of BMI, a weight-to-height ratio — held steady.

"What it suggests is that even though the obesity rate may be stable, fat distribution may be changing, which would mean that we shouldn't be complacent about the plateau," said Dietz, who was not involved in the study.

THE ASSOCIATED PRESS

By the numbers

Abdominal obesity is defined as a waistline of more than 35 inches in women and more than 40 inches in men.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Duffy's lawyer isn't ruling out calling PM Harper as a witness

Not a 'personal or political vendetta.' Donald Bayne insists suspended senator's upcoming trial won't turn into a sideshow

Donald Bayne, legal counsel for suspended Sen. Mike Duffy, speaks with media following a court appearance Tuesday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Mike Duffy's lawyer says he isn't going to rule out calling anyone — including Prime Minister Stephen Harper — as a witness in the suspended senator's upcoming trial.

"We're considering any potential witness," Donald Bayne said Tuesday after a brief court appearance.

"At this point, it's too early to rule anything out. But please understand, this isn't being run as a personal or political vendetta."

In July, the RCMP charged the former Conservative senator with 31 counts related to his Senate expense claims.

The charges include fraud, breach of trust and bribery.

Bayne says he hopes to skip a preliminary hearing and set a trial date for the senator at another court meeting next week. He and Crown attorney Jason Newbauer will talk this week about how soon Duffy's trial can begin.

The case won't turn into a political sideshow, Bayne insisted.

"This isn't a political case. This is a criminal case. It's going to be conducted professionally," he said. "The very strong judiciary in the Ontario Court of Justice will not allow this case to be turned into a political circus and we certainly don't intend to conduct the matter that way." THE CANADIAN PRESS

Reaction

NDP asks: Will Harper hide behind privilege?

During question period Tuesday, the New Democrats jumped on the prospect of Harper on the witness stand.

"Will the prime minister attempt to hide behind parliamentary privilege to avoid testifying?" NDP Leader Tom Mulcair asked Harper.

"Obviously if you read the investigator's report, there's absolutely no reason to suggest I would do that," replied the prime minister. THE CANADIAN PRESS

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For assistance in planning your trip using the TTC Accessible Transit Network, call TTC Customer Info at 416-393-4636.

www.ttc.ca 416-393-4636

Can U.S. cities force drug firms to pay for 'a raging epidemic'?

Prescription painkillers. Cash-strapped cities fighting prescription opioid abuse are trying to get the makers of these drugs to pony up

Paracetamol tablets
SCOTT BARBOUR/GETTY IMAGES

Some of America's largest cities are ratcheting up their criticism of prescription painkillers, blaming the industry for a wave of addiction and overdoses that have ravaged their communities and busted local budgets.

The heightened rhetoric comes as Chicago tries to recover millions in health care costs from opioid drugmakers, alleging that companies deliberately misled the public about the risks of their drugs. It's a legal strategy that could be attractive to other cash-strapped cities, but one that experts say will face major hurdles in court.

On Tuesday, health commissioners from Chicago, New York and Boston came to Washington to lobby Congress and the White House on efforts to combat prescription opioid abuse, which is blamed for 17,000 deaths per year in the U.S. — more than three times as many as those due to either heroin or cocaine.

"This is a raging epidemic, and we are feeling the brunt of it in big cities across the country," Dr. Bechara Choucair, Chicago's health commissioner, said in an interview with the Associated Press.

Chicago's lawsuit, filed in July, alleges that five pharmaceutical companies deceptively marketed their drugs to treat long-term, non-cancer pain, even though that use was "unsupported by science." The allegations place the city at the centre of a national debate over the appropriate use of opioids, which are frequently prescribed to treat common conditions like arthritis and back pain. THE ASSOCIATED PRESS

As more casinos fold 'em, workers axed

A sign seen early Tuesday announces the closing of Trump Plaza Hotel & Casino in Atlantic City, N.J. Trump Plaza is the fourth Atlantic City casino to go out of business so far this year. About 8,000 Atlantic City casino workers have lost their jobs in 2014, and another 3,000 could join them if Trump Plaza's parent company makes good on its threat to shutter the Trump Taj Mahal Casino resort in November. MEL EVANS/THE ASSOCIATED PRESS

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Ridesharing service

Ban on Uber lifted in Germany

A court in Germany has lifted an emergency injunction that banned the ridesharing service Uber from operating anywhere in the country.

The Frankfurt state court ruled Tuesday that the urgent measures taxi drivers won against their upstart rival last month weren't warranted.

Taxi associations have indicated they will appeal the decision and seek a full hearing. THE ASSOCIATED PRESS

California

Self-driving cars with drivers to hit public roads

For the first time, California's Department of Motor Vehicles will decide how many self-driving cars are (lawfully) using public roads.

Three companies will test 29 vehicles on highways and in neighbourhoods, with a human behind the wheel, in case the on-board computers goof. THE ASSOCIATED PRESS

Behind the deal

Burger King had to woo Tim Hortons

Tim Hortons executives spent nearly six months negotiating the $11-billion US takeover deal with Burger King, a process that saw the American company increase its offer for the coffee chain three times.

Burger King submitted its first official offer for the Canadian company at $73 per share, it rose to $78 in May and by June it rose again to $82.50.

THE CANADIAN PRESS

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YOU'VE GOT KNEEDS, AMIRITE?

JUST SAYIN'

Paul Sullivan
metronews.ca

So WestJet is now going to charge $25 to lose, er, transport your bag to your destination.

If you're surprised, welcome to modern travel, where the airline industry does everything it can to take the miracle out of flight.

You already have to pay for a blanket and a pillow, so the real surprise is that it took so long for the airline to charge for basic baggage.

It's all part of the exercise in extreme endurance that flying economy has become. Unless you're prepared to pay a premium, you end up in cattle class: sandwiched in a tight row four across, and the object is to somehow survive by fighting off the other guy's elbow or the oblivious recliner in the seat in front of you.

The seat-recliner thing is perhaps the most humiliating and frustrating part of flying. Back at the dawn of discount fares, airlines began cutting back on leg room and stuffing more seats into the cabin. Nevertheless, most of them still allow seats to recline, which is fine for the person doing the reclining, but the passenger being reclined upon ends up having less room than a roasting chicken in a factory farm.

Seat wars have become, according to CNN, No. 1 and No. 2 on the list of the top 20 causes of air rage. No. 2: reclining the seat; No. 1: kicking the back of the reclined seat in a fit of fury. A poll in the London Daily Telegraph showed that 70 per cent of the 18,000 respondents were in favour of banning reclining seats.

Some frequent flyers have become so desperate, they've forked over $21.95 to purchase something called the Knee Defender, a pair of clips that attach to the chair-back table and block the seat in front of you from leaning into your face. Of course, they are illegal on most airlines, including WestJet and Air Canada.

The Knee Defender is also banned on United Airlines, but that didn't prevent some guy from deploying his earlier this month on a United flight from Newark to Denver. He got a glass of water thrown in his face for his trouble, and the plane had to make the dreaded "unscheduled landing."

The inventor of the Knee Defender, a tall guy from Washington, says the publicity has turbocharged the sales of the device, but he still can't afford to fly first-class.

Why do airlines continue to allow seats to recline when it's so obviously the last straw for many fed-up flyers? Is it simply the sole remaining creature comfort that hasn't been eliminated — but give them time — or is it something more diabolical? Because, the airlines are quick to point out, there is a solution — on the other side of the first- or business-class curtain:

- One-way Vancouver to Toronto, economy— $550;
- One-way Vancouver to Toronto, leg room — $1,736.

I suppose you could always try the Knee Defender.

Till drones do us part

A video still from Drone Wedding. The exhibit runs at the Ryerson Image Centre in Toronto until Dec. 19. PUBLIC STUDIO: DRONE WEDDING COURTESY RYERSON IMAGE CENTRE

Drone Wedding challenges public to think critically about surveillance, strikes

The artists of Public Studio are no strangers to examining difficult world issues in their art.

Elle Flanders' and Tamira Sawatzky's projects include the ongoing documentation of disappearing Palestinian villages (What Isn't There) and juxtaposing footage of protests from around the world, including the G20 protests in Canada (Kino Pravda 3G).

Their latest project again connects the global with the local.

The two researched drone killings carried out at weddings in places such as Pakistan and Yemen, then chose to explore what it's like to live under surveillance by staging a wedding in Toronto, filmed entirely by CCTV cameras and drones.

"We decided to kind of turn the lens on ourselves here and look at what it feels like to be targeted," said Sawatzky.

The result is Drone Wedding, a video installation where a universally joyous occasion is transformed into a place of paranoia, provoking the viewer to think about our own government's complicity in drone strikes and the growing presence of surveillance in our society. EMINA GAMULIN/METRO

Life under the constant hum

"We know the effect that it has ... in terms of people's hearing, people's psychological state after being constantly flown over and surveilled and targeted and terrorized."
Artists Elle Flanders and Tamira Sawatzky

MetroTube

Simply the best

ANDREW FIFIELD
andrew.fifield@metronews.ca

Say Gordon Ramsay had a show about polishing faltering viral videos to a shine. Call it Viral Hell, Cerberus Cinema or something like that. He'd spend the episode angrily criticizing some poor sap's cute dog clip, before hooking up that sap with new gear and tips to create something like this very short clip of Amelia affirming her status as the best dog. "Stunning," Gordon would say. "Fresh. Simple." (Eric A/YouTube)

Letters

Re: The Height of Discrimination by Jessica Napier, published Sept. 15, 2014: (Malcolm Gladwell is quoted in the column saying) "being short is probably as much, or more, of a handicap to corporate success as being a woman or an African-American." This is blatantly incorrect and anyone with a search engine and five minutes can disprove this. African-American descent constitutes around 12-13 per cent of the U.S. population, whereas the Fortune 500 list only contains six people of African-American descent, which makes 1.2 per cent of African-American descent on the list. I bring this up as (the column makes it sound like) being a person of colour or even a woman — there are 24 women CEOs of Fortune 500 companies, accounting for 4.8 percent of all Fortune 500 CEOs — seem not as much of a social equality injustice as it truly is. **Carleton Gruger**

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on pages 19 and 21 in Scene, page 26 in Life, page 30 in Sports and page 34 in Drive.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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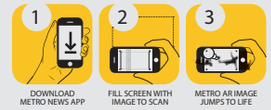

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TORONTO

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Eglinton Connects

Municipal Class Environmental Assessment
Notice of Completion

The City of Toronto has completed a Municipal Class Environmental Assessment (EA) as a component of the Eglinton Connects Planning Study. The study recommends a new street configuration on Eglinton Avenue between Black Creek Drive and Brentcliffe Road (just east of Laird Drive). This is the 10.5 km section where the Eglinton Crosstown Light Rail Transit line (LRT) will be underground. The following solutions are recommended:

- Removal of the majority of the existing reserved bus lanes, since most current bus passenger trips will be served by the LRT line.
- Four general traffic lanes for the majority of the corridor, and a reduction to two lanes and a continuous left turn lane on Eglinton Avenue from Avenue Road to Mount Pleasant Road.
- A protected bicycle lane of 1.2 m width plus 0.9 m buffer along the entire length of Eglinton in the EA study area.
- A 'main street' boulevard, where space is provided to grow large urban trees and wide sidewalks (typically 2.8 m up to 4.8 m width), particularly between Avenue Road and Mount Pleasant Road, to support pedestrian activity and space for patios and retail spill-out.
- Preserving on-street, off-peak parking for the majority of the corridor and 24-hour lay-by parking between Avenue Road and Mount Pleasant Road, while augmenting public parking supply as new development occurs.
- Pedestrian and cycling connections from the LRT station areas to trails and open spaces.

Opportunities for Review
The study was carried out following the requirements for Schedule C projects under the Municipal Class EA. An Environmental Study Report has been completed and has been placed on public record for a 30-day review period starting **September 17, 2014** and ending **October 17, 2014**. It will be available for review at:

Northern District
Toronto Public Library
40 Orchard View Blvd.
416-393-7610

Maria A. Shchuka
Toronto Public Library
1745 Eglinton Ave. W.
416-394-1000

Please call or check online to confirm library hours of operation.

The study report is also available for review on the project web site: **toronto.ca/eglinton**

If you have any outstanding issues about this project, please address them to the City staff listed below and we will attempt to seek a mutually acceptable resolution.

Jason Diceman
Public Consultation Coordinator
City of Toronto
Metro Hall, 19th Fl.
55 John St.
Toronto, ON M5V 3C6
Tel: 416- 338-2830
Fax: 416-392-2974
TTY: 416-338-0889
E-mail: jdicema@toronto.ca
Visit: toronto.ca/eglinton

If concerns regarding this project cannot be resolved in discussion with the City of Toronto, a person or party may request that the Minister of the Environment make an order for the project to comply with Part II of the Environmental Assessment Act (referred to as a Part II Order), which addresses individual environmental assessments. The Minister must receive the request in writing by **October 17, 2014** at the address below, and a copy must also be sent to the City contact. If no requests are received by **October 17, 2014**, the City may proceed with this project as outlined in Environmental Study Report.

The Honourable Glen Murray
Minister of the Environment and Climate Change
2nd Floor, Macdonald Block
900 Bay St.
Toronto ON M7A 1N3
Tel.: 416-326-1234
Fax: 416-314-6713

Issue Date: September 17, 2014

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.

Enter the maze, if you dare

No way out. The Maze Runner is just the latest film to employ such a sinister puzzle as plot point

IN FOCUS
Richard Crouse
scene@metronews.ca

metro AR Scan this photo with your Metro News app to see what Dylan O'Brien, who plays Thomas, learned while filming The Maze Runner.
CONTRIBUTED

Moviemakers have been using mazes to amaze audiences for years.

Giant labyrinthine puzzles are almost as old as mankind: Prehistoric mazes were built as traps for malevolent spirits, while in medieval times the labyrinth represented a path to God. But recently, the idea of people struggling through a complicated network of paths has made for some striking visuals in movies.

This weekend, The Maze Runner sets much of its action inside a gigantic maze where frightening mechanical monsters called Grievers wander, tormenting Thomas (Dylan O'Brien) as he navigates the maze to pick up clues that help him piece together memories of his past.

The sci-fi story is just the latest to feature a maze as a major plot point, but just as Labyrinth's Sarah (Jennifer Connelly) is warned, "nothing is as it seems" in these movie puzzles.

Remember Harry Potter and the Goblet of Fire? Like Thomas in The Maze Runner, the boy wizard has to make it through a maze (in this instance to find the Triwizard Cup), but instead of fighting magical creatures, this hedge maze is magical; shape shifting to make the journey extra difficult.

The 1972 horror film Tales from the Crypt contained an even more sinister maze.

Made up of five stories, the film culminated with the tale of a labyrinth told with razor-sharp wit. Set in a home for the blind, the patients get even with the institute's cruel director by placing him in the centre of a maze of narrow corridors lined with razor blades.

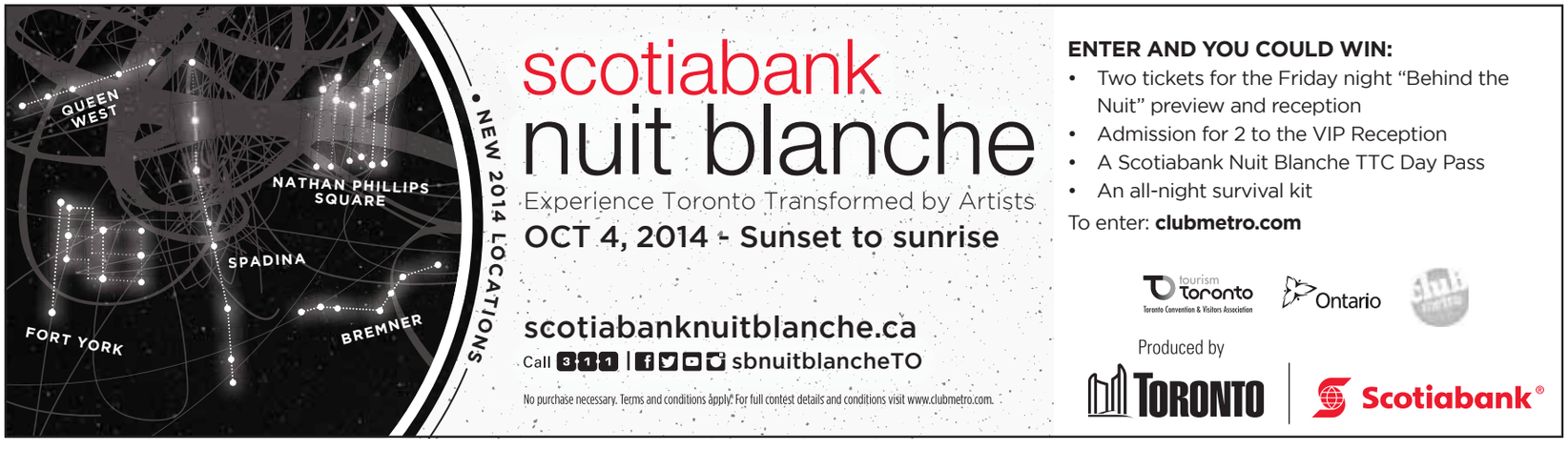
It's a cutting edge story, that, according to besthorrormovies.com "rivals the 'death traps' of Saw and 'tortures' of Hostel while only showing a single small cut of the flesh."

In The Shining, the axe-wielding father Jack Torrance (Jack Nicholson) chases his son Danny (Danny Lloyd) through the Overlook Hotel's hedge maze. The quick-thinking boy escapes by retracing his steps, confusing his maniacal dad.

The documentary Room 237 offers up a number of interpretations of what the maze and Danny's escape represents.

One theory suggests it reflects Greek hero Theseus' slaying of the Minotaur and escape from the labyrinth, while another speculates it's a metaphor for conquering repression. Whatever the subtext, it remains one of director Stanley Kubrick's most tense scenes.

And finally, Francis Ford Coppola's version of Dracula sees Lucy (Sadie Frost) sleepwalking through a garden maze, chased by Dracula (Gary Oldman) in wolfman form while Pan's Labyrinth features a maze as a place of safety for Ofelia (Ivana Baquero) to evade her attacker.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Lena Dunham bares it all

A girl grows up. With a new book coming out, the Girls creator says she's learned to become comfortable with controversy

Lena Dunham will be at Just For Laughs 42 in Toronto Saturday to debut her new book. DIMITRIOS KAMBOURIS/GETTY IMAGES

When Lena Dunham first pitched an idea to television executives for a show centred on the lives of four young women in New York City, she was met with puzzlement and condescension.

"They were like, 'You know that thing when girls live together and they suddenly all get their periods at the same time?' I was like, 'No, I don't know that thing, and even if it were true, there's other stuff I'm worrying about that I'd rather write about,'" Dunham recalls with a laugh in a recent phone interview.

Thankfully, Dunham found a home on HBO and now Girls, an unflinching look at the desires and humiliations of a quartet of 20-somethings, is set to enter a fourth season. After skyrocketing to fame as its creator and star, Dunham has turned her gaze inward to produce a new collection of personal essays.

She will debut Not That Kind of Girl: A Young Woman Tells You What She's 'Learned' at Just for Laughs 42 in Toronto on Saturday. During an onstage conversation with CBC personality Jian Ghomeshi, she will read excerpts from the much-anticipated memoir.

Spanning her life from early childhood to present day, the book explores topics like her obsessive health fears, awkward sexual encounters "where you keep your sneakers on," being naked on TV, and of course, what it was like to prove herself in a meeting of 50-year-old male executives.

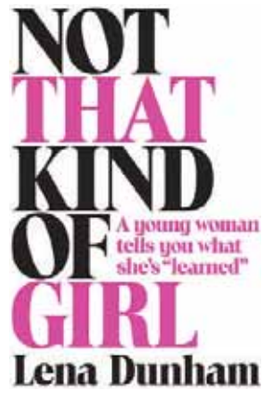
Dunham, 28, says she conceives of the book as an "exploration of femininity and feminism as it stands for young women, but through a very personal lens." She hopes that by sharing her own missteps she can help others avoid doing the same.

Though she has long considered herself a feminist, Dunham says her awareness of sexism has been deepened by the sheer number of online attacks on her. A quick glance at her Twitter mentions reveals a steady stream of abuse, mostly focused on her body and unabashed nudity in Girls.

"I think I thought sexism was on its last legs. I think I thought it was like a staggering old behemoth falling to the ground, and starting my career has just given me the sense that we have so much further to go," says Dunham. "If I told everyone who had tweeted something misogynistic to me that they were misogynist, I wouldn't even know what that word meant anymore. And I always say I don't want to be the girl who cried misogyny. I really, really try to take each situation at face value. But it is amazing both in my public and private life how much of the negative dialogue I get into has to do with my femaleness."

The fourth season of Girls is set to premiere in 2015. In the third season finale, Hannah was accepted into the elite Iowa Writers' Workshop and told her shocked boyfriend (Adam Driver) she planned to attend.

Hannah will be in "the most mature place we've ever seen her" at the start of season four, says Dunham.



Quoted

"I think I thought sexism was on its last legs. I think I thought it was like a staggering old behemoth falling to the ground, and starting my career has just given me the sense that we have so much further to go."

Lena Dunham on dealing with public criticism that focuses on her body

"And then, um, Shoshanna cut her hair to her chin. Big hair news!" she says.

Dunham calls herself a "Canadaphile" and lists Alice Munro among her literary idols — so it's no surprise she's "thrilled" to share her book at the Toronto comedy fest.

"I think Canada is a place with an amazing history of both literature and comedy and it's a really, really exciting place for me to go with the book," she says. "I also want to eat poutine and I want everyone to tell me where the best poutine is. I want to sample all the poutine."

THE CANADIAN PRESS

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Toronto

Walk of Fame welcomes Rachel McAdams, Jeff Healy

Musician Jeff Healey, actors Rachel McAdams and Ryan Reynolds, and Olympic hockey star Hayley Wickenheiser are among the latest inductees to Canada's Walk of Fame.

Canada's Walk of Fame celebrates Canadians who have achieved excellence in a variety of areas, ranging from music and film to sports, science, innovation and literature.

Honorees' names are engraved on stars, which are then displayed on the sidewalks of King Street West and Simcoe Street in downtown Toronto.

The inductees will be celebrated at a red carpet and awards show at the Sony Centre for the Performing Arts on Oct. 18, which will be televised on Global and Slice on Dec. 19 at 8 p.m.

It was announced Monday that alternative R&B singer the Weeknd would receive the Allan Slaight Award at the event.

THE CANADIAN PRESS

METRO DAY AT H&M

YouTube star youngest to perform at CMHR

Pint-sized prodigy. Maria Aragon calls opportunity to sing at museum's opening ceremony 'an honour'

ELISHA DACEY
Metro in Winnipeg

Maria Aragon stands in front of the Canadian Museum for Human Rights, where she will perform at the opening ceremonies on Friday. Scan this photo with your Metro News app to see her cover of Born This Way. ELISHA DACEY/METRO

It's been three years since 11-year-old Winnipegger Maria Aragon uploaded a stripped-down, piano version of Born This Way and caught the attention of the song's artist, Lady Gaga.

The resulting YouTube brouhaha — Aragon's version has more than 50 million views and the pint-sized singer got to sing the song on stage with Gaga in Toronto — has led Aragon to a record deal, touring opportunities, numerous appearances locally and internationally, and now to the Canadian Museum for Human Rights.

Now 14, Aragon will be the youngest singer to perform at the national museum's opening ceremonies in Winnipeg on Friday.

While she won't reveal what song she's singing Friday, she said she hopes Canada is impressed.

"There's only three performers for that morning," she said. "I'm just so honoured to be one of them. Hopefully I'll just give a performance … that will make Winnipeg proud."

The opening ceremonies are being broadcast live, but the thought of millions of people watching her makes her more excited than nervous, she said.

Aragon said she thinks she was asked to perform thanks to her rich Filipino-Canadian cultural heritage, her age and her dedication to various charities, including Typhoon Haiyan relief.

"I know I'm representing youth," said Aragon. "I'm performing because I am younger, but I can also make a difference."

The CMHR opening ceremonies will be broadcast live Friday morning at 9:15 ET.

Quoted

"I know I'm representing youth. I'm performing because I am younger, but I can also make a difference."

Maria Aragon, singer and recording artist

The beat goes on

Aragon recently debuted her first single, Nothing But a Beat.

- Her as-yet-untitled album is expected out in February.

Long list announced

Giller prize doubles award purse

The Scotiabank Giller Prize has announced its 2014 long list — and says it is doubling the amount of cash it awards.

The prize purse will increase to $140,000, with $100,000 to the winner and $10,000 to each finalist. Organizers say that makes it the richest fiction prize in Canada.

Twelve authors are up for this year's prize, including 2004 Giller finalist Miriam Toews for All My Puny Sorrows (Knopf Canada). The novel shines a light on depression and mirrors the Manitoba-raised author's relationship with her late sister and father.

Shani Mootoo, a 1997 Giller finalist, is on the list with Moving Forward Sideways Like a Crab (Doubleday Canada). The story features the author's native Trinidad and follows a Toronto writer whose estranged parent has transitioned from female to male.

And David Bezmozgis, a Latvian-born 2011 Giller finalist, details a day in the life of a disgraced Israeli politician in the longlisted The Betrayers (HarperCollins Canada).

The Scotiabank Giller Prize will air on CBC-TV on Nov. 10.

The complete long list can be found scotiabankgillerprize.ca. THE CANADIAN PRESS

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The doctor is in ... his taxi cab

Cabbie conundrum. Comedy takes a lighthearted look at a serious problem that highly educated immigrants across Canada face

IN FOCUS
Richard Crouse
scene@metronews.ca

Vinay Virmani stars in Dr. Cabbie, which opens next Friday. CONTRIBUTED

In Dr. Cabbie, Vinay Virmani stars as Deepak, a man from New Delhi, who arrives in Toronto with a degree in medicine and dreams of following in his MD father's footsteps. Instead he is met with bureaucracy and frustration. The medical establishment in Canada doesn't accept his hard-earned degree and decree that he won't be able to practice medicine in his new country.

Virmani was inspired to write the story after taking a cab ride in Toronto.

"When you get into a cab, you form that Indian-to-Indian thing," he says. "The driver is like, 'Where are you from?'

"Canada."

'No, where are you really from?'

"It always starts off like that. Then he told me his story. I was really moved by it because here's a guy who was young and naïve when he came here, very passionate about being a doctor, and had that dream shattered.

"Then I heard about a Chinese dentist in Vancouver who was doing dental work for families who couldn't afford dental. They called him the Bedroom Dentist. So all these things played in my head."

In the film, a friend (Big Bang Theory's Kunal Nayyar) gets Deepak a job driving a cab, and one eventful night he meets Natalie, the girl of his dreams (Adrianne Palicki), and delivers her baby in the back of the hack.

When a video of the birth goes viral he becomes something of a sensation. Soon people are flagging his taxi, looking for medical treatment.

With a thriving practice on wheels, he doles out medical advice and prescription drugs to customers from the back of his cab.

"If somebody told me a cabbie delivered a baby in a cab I would want to see that," he says.

"I would want to see how he did it. It's not far fetched to believe a video like that would go viral."

The movie is a broad comedy, but one with serious underpinnings.

"Right now we do have a doctor shortage in this country, we do have qualified PhDs not only driving cabs, but doing all sorts of work," he says. "And I really hope the movie sheds light on that, but in a fun, comedic way.

"I hope we've given integrity to the issue.

"Through the fun and games and the loud characters and situations, we say a doctor is a doctor is a doctor — that the Hippocratic Oath does not change just because you cross a border."

Quoted

"Through the fun and games, and the loud characters and situations, we say a doctor is a doctor is a doctor — that the Hippocratic Oath does not change just because you cross a border."

Actor Vinay Virmani

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Robin was in the Thicke of a substance abuse problem last year

NED EHRBAR
Metro World News in Hollywood

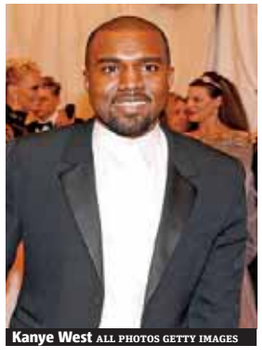
If you interviewed Robin Thicke last year and felt like you were doing all the heavy lifting, there's a reason for that. In a deposition for the lawsuit alleging he and Pharrell ripped off Marvin Gaye for the hit Blurred Lines, Thicke says he "had a drug and alcohol problem for the year" and "didn't do a sober interview" — even with Oprah — looking to distance himself from stories he told about his involvement in the creation of the song. In fact, it looks like he's trying to dump everything on Pharrell. "I was high on Vicodin and alcohol when I showed up at the studio," Thicke says of the song's creation. "I wanted to be more involved than I actually was by the time, nine months later, it became a huge hit and I wanted credit. So I started kind of convincing myself that I was a little more part of it than I was ... But the reality is, is that Pharrell had the beat and he wrote almost every single part of the song." There's a joke in here somewhere about Thicke taking advantage of himself while he was wasted, though I like to think I'm better than that. But he knows he wants it.

That that don't kill him, only make his rants longer

Kanye West addressed (kind of, sort of) the incident earlier this week in which he admonished a wheelchair-bound fan for not standing up during a concert and, well, the results are pretty typical Kanye.

Here are two choice excerpts from his five-minute rant:

• "This is such big media-press-news and everything that obviously they trying to demonize me for. It's like, 'Welcome to today's news, ladies and gentlemen.' We've got Americans getting killed on TV, kids getting killed every weekend in Chicago, unarmed people getting killed by police officers ... It makes you just want to reflect on what are the things that are a little bit more sensationalized than others."
• "This is real expression. This is real artistry. You know, an artist's career doesn't happen in one cycle of news. An artist's career happens in a lifetime. And if you're a true artist, you're willing to die for what you believe in ... Does it seem like in any way I might be slightly a true artist?"



Kanye West ALL PHOTOS GETTY IMAGES

Bourne again: Could the legacy be getting lengthier?

Despite director Paul Greengrass saying he and Matt Damon were done telling Jason Bourne's story, the pair are reportedly re-teaming for another installment in the series, according to Deadline. The franchise had moved on from Damon's character, switching to Jeremy Renner in 2012's the Bourne Legacy, with Greengrass insisting that there was no place to go creatively with Damon's character once he'd regained his memory at the end of the Bourne Ultimatum, but they seem to have found a way. The new Damon-starring film is set for a July 2016 release, with another Renner installment directed by Justin Lin still in development.

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How-to

Never overpack your bag

1. Check the weather forecast carefully and pack appropriately.
2. If everything in your suitcase matches, you can mix that up for days.
3. Versatile neutrals can be dressed up with colourful accessories that weigh much less.
4. Pack a few items on their last legs. Wear and toss.
5. Pack miniature toiletries and slim down your kit with products that do double-duty (moisturizer with sunscreen, shampoo with conditioner).
6. Make sure at least one pair of shoes is waterproof. Do you need five pairs of shoes? No.

TEXT: DOUG WALLACE, PHOTO: ISTOCK

Deals

Save money while booking online

While there's a time and place for travel agents, booking online is almost always the cheapest route. Sidestepping service fees is only the half of it. Tour companies, airlines and hotels frequently offer online-only specials, many of them last-minute. And by signing up for newsletters from your favourite hotel chains or airlines, you can pounce when the price is right. Top tip: Clear the cookies from your browser history between sessions: Some websites "remember" your last visit, and keep the prices higher than for those visiting the site for the first time. TEXT: DOUG WALLACE, PHOTO: ISTOCK

New

Kempinski Hotel Nay Pyi Taw

The new Kempinski Hotel Nay Pyi Taw in Myanmar is set to open Nov. 1. Situated near the capital city's airport and convention centre, the hotel features 141 rooms spread over four villas, along with a pavilion inspired by early 18th-century architecture. A fleet of BMW's is on hand to whisk guests to all the nearby sites, including the Bagan temple complex, Inle Lake and Mount Popa. Get a special rate of $180 for a premier suite until Dec. 31, subject to availability. Visit Kempinski.com. TEXT: DOUG WALLACE

Paris, by your selfie. Hotel promos pic tour

Trend

What the people want

Riding the wave of the selfie trend, the Mandarin Oriental Paris now offers a package with a private tour of the French capital's best locations for Instagram-worthy self-portraits. The prestigious hotel is not the only player in the tourism industry to have understood the marketing potential of the phenomenon. AFP

Perks

Free Wi-Fi for your posting pleasure

Guests are given a complete list of the most scenic and photogenic locations in Paris. While riding from one selfie spot to the next in the chauffeured car, guests can post their photos online thanks to the vehicle's on-board Wi-Fi. Complimentary Wi-Fi is also offered in each hotel room. AFP

By the numbers

$1,420

Or €995 is the price for The Mandarin Oriental's Selfie in Paris offer. That will get you a night in a deluxe room with breakfast and three hours with a private car and driver.

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Finding joie de vivre from a bicycle seat

Quebec tours.
La belle province offers stunning trails

Quebec has over 5,000 kilometres of bike-friendly roads and trails in its Route Verte (Green Way) cycling network and selecting which segments to ride can be bewildering.

One no-fail route is to follow the food.

Napoleon famously said an army marches on its stomach and it holds true when seeking the conquest of New France, on a bicycle. Venture boldly into the heart of Lac-Saint-Jean blueberry country. Stay in a chocolate factory overlooking the magically moody St. Lawrence River. Roll in the territory of fine cheese-makers in storybook villages topped with spires, shrines and other icons of the faithful.

Over two weeks, you can cycle two separate sections of Route Verte: the 256-kilometre circuit around Lac-Saint-Jean, and a collection of country lanes and bike paths on the eastern shore of the St. Lawrence between sunset-kissed Kamouraska and the Gaspé Peninsula.

Veloroute des Bleuets

Stitched together from bike trails, country byways, village pathways and occasional paved shoulders, this is a beautiful ride along a lake so big it resembles the sea. Cyclists on Veloroute des Bleuets are treated to candy for all of the senses — the sight and sound of waterfalls, the crispness of the air, the tiny taste explosions of those wild blueberries, ripe in late summer and better than any berry in captivity.

People generally take three to five days to circle the lake. The longer the trip, the more time to see places such as Zoo Sauvage, where great wild spaces are given to animals, and Val-Jalbert, a historical 1920s paper mill town dominated by a towering waterfall, dramatically illuminated at night in changing colours.

One tip: Ride counter-clockwise to fare best with winds.

Another tip: Equinox Aventure will drive luggage from inn to inn for $9 to $18 a bag per day, plan itineraries, book lodging and retrieve you if needed.

St. Lawrence

A nearly three-hour drive places you in the commanding Saguenay fjords and town of Tadoussac, a playground for hikers, whale-watchers, kayakers, nature lovers, artists and cyclists. Then it's 90 minutes by car ferry to the St. Lawrence's eastern shore, land of world-renowned sunsets, wild rosehip bushes, fragrant bakeries and more great biking.

Over five days, these proved among the best in a series of day rides: a loop in magnificent Parc Bic, where seals sun on rocks; village lanes and Route 132 from Notre-Dame-du-Portage to Saint-André; and a trail between La Pocatière and Saint-Roch-des-Aulnaies. You can't go wrong on this route.

Especially when you end up for the night in that little chocolate factory, Auberge La Fée Gourmande.

THE ASSOCIATED PRESS

metro AR Scan this photo with your Metro News App to see more sites from a cycling tour around Quebec.

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Soup season is around the corner

Homemade Tomato Soup with Biscuits. Looking past canned varieties in anticipation of colder weather? Try this simple option

DINNER EXPRESS
Emily Richards
food@metronews.ca

Get out into the garden and be sure to pick those fresh ripe tomatoes.

The large beefsteak tomatoes are perfect for sandwiches and salads but those ripe elongated plum tomatoes have fewer seeds and a meaty texture, which makes them perfect for soups and sauces.

Here is an easy tomato soup that is perfect to enjoy with homemade biscuits.

It doesn't take too long to prepare, either. While the soup is simmering you can make the biscuits.

This soup recipe serves four. The biscuit recipe results in 12 biscuits. ISTOCK

Ingredients

Soup
- 2 tsp (10 ml) canola oil
- 2 shallots, chopped
- 1 clove garlic, minced
- 1 tsp (5 ml) chopped fresh rosemary or 1/4 tsp/1 ml dried
- 1 tsp (5 ml) chopped fresh thyme or 1/2 tsp/2 ml dried
- 3 cups (750 ml) chopped fresh ripe plum tomatoes
- 3 cups (750 ml) vegetable or chicken broth
- 1 tbsp (15 ml) all purpose flour
- Pinch pepper
- 1/2 cup (125 ml) 1% milk

Biscuits
- 2-1/2 cups (635 ml) all-purpose flour
- 2 tbsp (30 ml) granulated sugar
- 1 tbsp (15 ml) baking powder
- 1/2 tsp (2 ml) salt
- 3/4 cup (175 ml) butter, cubed
- 1 cup (250 ml) milk (approx.)

Tomato Soup

1. In saucepan, heat oil over medium heat and cook shallots, garlic, rosemary and thyme for about 3 minutes or until softened. Add tomatoes and cook, stirring for about 5 minutes or until juices start to appear.

2. Using potato masher crush tomatoes. Add stock and bring to a boil. Reduce heat and simmer for 20 minutes.

3. Using immersion blender or pour into blender and purée until smooth. Return to clean saucepan. Whisk flour and pepper into milk. Stir into soup and bring to a simmer for 5 minutes or until thickened slightly.

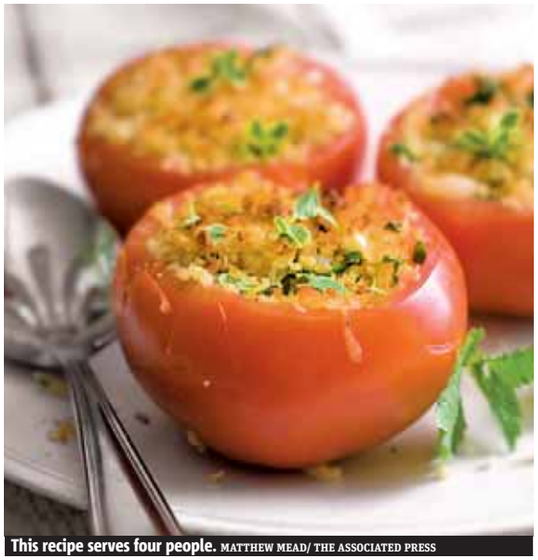
Biscuits

1. In a large bowl, combine flour, sugar, baking powder and salt. Using pastry blender or fingertips cut in butter until mixture resembles coarse crumbs. Gradually add enough of the milk, stirring with fork to make soft, slightly sticky dough.

2. On lightly floured surface, knead dough gently about 10 times. Pat dough into 1-inch thick round. Using floured cookie cutter, cut out rounds. Place on ungreased baking sheet. Gather scraps and cut out more rounds.

3. Brush tops of biscuits with milk. Bake in 425 F (220 C) oven for about 12 minutes or until golden.

Give tomatoes hearty makeover



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Hankering for tomatoes with a little more oomph? Is a salad just not cutting it? Looking for something a bit more robust?

Try this Cheese-stuffed Tomatoes recipe, which fills hollowed out tomatoes with a mix of bread crumbs and Monterey Jack cheese, then bakes them until bubbling.

1. Heat the oven to 400 F. Coat a 9-by-9-inch baking pan with cooking spray.

2. In a medium skillet over medium-high, heat the oil. Add the onion, garlic and coriander. Cook for 5 minutes, or just until tender. Stir in the bread crumbs, cheese, salt, pepper and cilantro.

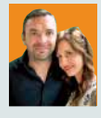
3. Cut a 1/2 inch slice off the top of each tomato. Use a melon baller to scoop out the insides of the tomato, leaving the outer flesh intact. Spoon a quarter of the cheese mixture into each tomato. Arrange the filled tomatoes in the prepared pan. Bake for 8 to 10 minutes, or until tender and bubbly. THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 1 tsp ground coriander
- 1 cup fresh bread crumbs (about 3 slices bread, finely food processor)
- 1 cup shredded Monterey Jack cheese
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 2 tbsp finely chopped fresh cilantro
- 4 large tomatoes

Food around the world

Guatemala (vegan rating: 5/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: A street vendor in the city of Antigua was the source of Veg's favourite meal in this tricky country. Light and simple, the hard shell taco plate carried on it a large lettuce leaf, shredded red cabbage, strips of beetroot, parsley and a topping of onion and salsa. In limited Spanish, Veg requested the meal without cheese and eggs.

Meat: Zapallito rellenos (stuffed zucchini) is one of several national favourites here, I was told prior to leaving for the Mayan ruin site of Tikal. Our ruin-side hotel's free meal with board was a bed of mashed potatoes, local kale and this green chicken-filled ball topped with white cheddar. It was average at best, just like the country's range of decent food.

Using the web to weave a network

Click your way to a crew. Get started on securing connections through social media

LAUREN MARINIGH
TalentEgg.ca

Social media is a tool that can unlock a world of potential.

With just the click of a mouse and 140 characters, you can instantly connect with professionals, recruiters and prospective mentors.

If you're new to your field, you may not be sure how to approach social media for professional use. These tips can help you successfully network on social media.

Seek out connections

Start by seeking out connections that are of interest to you.

A good place to begin is by using the search bar on your chosen social media platform.

Search things such as the industry you're in, companies that you'd like to work for and their employees, and thought leaders within your industry.

Remember, people are not usually open to connecting with strangers on networks such ass Facebook and LinkedIn.

Start off with a platform like Twitter that allows you to follow and connect in a casual and less-direct fashion.

Show your new connections that you're the real deal by joining in on conversations related to your shared professional interests. ISTOCK

Once you've got a sense of which new connections are professional leads, you can reach out to them and explore connecting on more formal platforms, like LinkedIn.

Have a plan

There are a lot of conversations (and a lot of people) on social media, so it's easy to feel intimidated.

The easiest way to get ahead online is to set aside some time to create a plan for your digital networking.

Are you hoping to land your first job after graduation? Trying to build experience in a new industry? Looking to build a professional network?

Setting an overall objective for your online engagement will help you identify the opportunities that match your interests — and help you avoid feeling overwhelmed.

Focus on relationship-building

Although you may plan to use social media as a tool to land a job, focus on building relationships first.

Jumping straight to discussing your career goals or professional plans will likely alienate your new connection — after all, you're a stranger.

Start out by interacting with your new connections, commenting on their posts or activity and contributing to their discussions.

This is a much more effective way to build a good relationship and make a good impression with someone than just jumping the gun.

Share relevant content

If you follow professionals within your industry and you want them to follow you back, you need to show them that you're contributing to relevant conversations and that you're committed to your area of focus.

Keeping your profile up-to-date and consistently posting regular and useful content will help build your reputation in the online world.

These activities are a great way to build a portfolio and practice professional self-representation — as well as helping you shape your short- and long-term goals.

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The challenge of the chat

Join the right conversations:

- Twitter chats are a great place to join conversations within your industry and also to connect with other like-minded people. Seek these chats out and try to attend them regularly.
- LinkedIn groups can also be a great place for you to build a professional presence. Join and start discussions surrounding your industry, and people will quickly begin to notice you.
- By regularly seeking out connections within your industry, focusing on building relationships with them and creating valuable content, you begin expanding your network with just a few clicks of the mouse.

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The benefits of a pastime without brain-strain

Extra, extra! Make some room between cramming and course work for a fun activity

LEAH RUEHLICKE
TalentEgg.ca

School can be draining. It can be overwhelming and exhausting and sometimes, flat-out boring.

Getting involved in extra-curricular activities can give you a break from the textbooks and feed your brain in a whole new way. But there are plenty of other benefits to signing up for an on-campus pastime.

Discover what you love to do
Extra-curricular activities can help you find passion — especially if you're enrolled in an exceptionally draining academic program.

They're also a way to force yourself to commit. Allotting time to play sports or write or sing may not be something you'd otherwise prioritize unless you had a reason — and a commitment — to do so.

Meet new people
Getting involved in activities outside your normal social circle introduces you to people you may not otherwise meet.

You develop a whole new slew of friends and naturally bond with these people because you have something in common — and it's something the other people in your life likely can't relate to.

You bond over memorizing lines; struggling through swim practice; pulling all-nighters at the school paper. You share a big part of your life with a group of people. You get used to seeing them and spending time with them.

They end up knowing more about your personal life than your closest friends — and you come to rely on them in multiple aspects of your life.

Round out your resumé
Having a lot of related experience is all fine and dandy — but employers want someone with a well-rounded personality to complement that.

Getting involved in extra-curricular activities gives you so many opportunities to develop interpersonal skills, organizational skills and effective time-management.

Or maybe you get really passionate about the club you join and end up getting involved within the management of that organization.

Not only are you developing skills, but you're gaining relevant experience that any employer will look upon favorably.

Keep your calendar full
Between exams, essays and your part-time job, it's easy to think you don't have time to put anything else on your plate — and occasionally, this is the case. But more often than not, people do have the time; they just haven't recognized it yet.

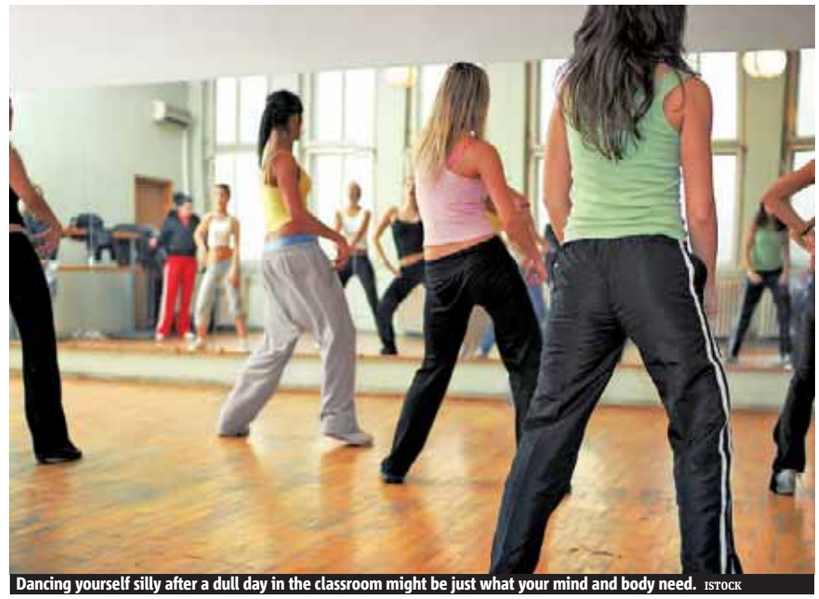
The fun and the frivolous

Look closely at where your downtime is going. Are you watching rerun after rerun into the wee hours of the morning?

Look closely at where your downtime is going.

Are you watching rerun after rerun into the wee hours of the morning? Getting sucked into Facebook for hours at a time?

Getting involved in an additional activity makes you utilize the time that you do have much more effectively.



Dancing yourself silly after a dull day in the classroom might be just what your mind and body need. ISTOCK

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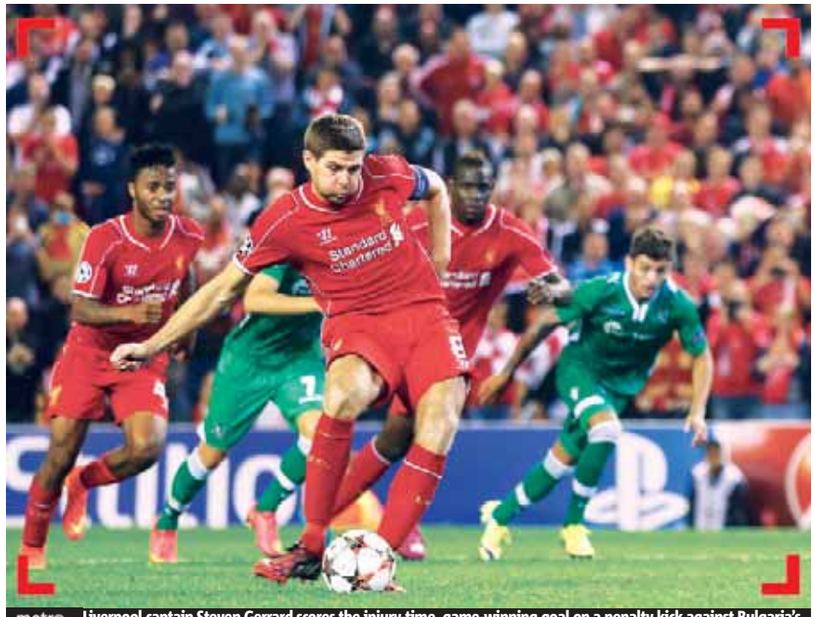
Gerrard makes it an OK day for Reds

UEFA Champions League. Liverpool bailed out by captain in return to Europe's top competition



metro AR Liverpool captain Steven Gerrard scores the injury-time, game-winning goal on a penalty kick against Bulgaria's Ludogorets Razgrad on Tuesday at Anfield in Liverpool. Scan the image with your Metro News app for a gallery with results from Tuesday's seven other Champions League openers. CLIVE BRUNSKILL/GETTY IMAGES

Steven Gerrard came to Liverpool's rescue once again in the Champions League, converting an injury-time penalty for a 2-1 victory over Ludogorets Razgrad on Tuesday in the English team's first game back among Europe's elite in five years.

Gerrard, the only player remaining from Liverpool's last Champions League match in December 2009, capped a frantic final 10 minutes at Anfield by scoring his 40th European goal after Ludogorets' debutant goalkeeper Milan Borjan, a Croatian-born Canadian, brought down Javier Manquillo.

Dani Abalo's goal in the opening seconds of injury time cancelled out Mario Balotelli's 82nd-minute strike — his first for Liverpool — and looked to be setting up a Group B draw for Ludogorets, the unheralded Bulgarians making their debut in the competition's group stage.

But Gerrard found the net at the same Kop end he scored a memorable late goal against Olympiakos in December 2004 that set the team on its way to a fifth European Cup that season.

"We did OK, but it wasn't better than OK," the 34-year-old Gerrard said. "There's a lot to learn."

It was Liverpool's long-awaited return to what the club and its fans regard as their habitat and a sea of flags and scarves decorated all corners of Anfield before kickoff, with a mosaic of five European Cups held up on the Kop.

Group stage

Liverpool FC	Ludogorets
2	1

But it was arguably an even bigger night for Ludogorets, a team that didn't even exist at the turn of the century and only turned professional in 2010. The Bulgarian champions did not look overawed on the biggest night of their lives, famously made possible by defender Cosmin Moti's penalty saves in a shootout win against Steaua Bucharest in the qualifying playoff when filling in as goalkeeper.

And they could easily have drawn or even won the game, with Roman Bezjak rolling a shot against the foot of the post when clean through with the score at 0-0.

In the end, it was a reckless challenge by Borjan — signed on Friday to solve a goalkeeping crisis — that cost Ludogorets a point.

"He was upset, that's natural," Ludogorets coach Georgi Dermendzhiev said of Borjan, "But we told him after the game it is not a big mistake, everything will be fine in the future."

THE ASSOCIATED PRESS

CFL

Argos owner still pining for BMO Field

Toronto Argos owner David Braley has people kicking the tires of the franchise he hopes to sell, but his top priority is securing the team a lease at BMO Field.

The Argos and B.C. Lions — the CFL teams Braley owns — have been for sale since last September when the 73-year-old Hamilton businessman stated he'd sell one or both by his 75th birthday. Braley said Tuesday he has several potential suitors for the Lions but refuted a Toronto Star headline stating he had "multiple offers" for the Argos.

Braley wouldn't say if MLSE (which owns Toronto FC and operates BMO Field) was one of the parties interested in the Argos. But Braley was adamant his top priority is reaching a lease agreement with MLSE for BMO Field.

"That's the first step in the process," Braley said. "I would say that's not out of the question ... I believe there's a very good chance we'll get this thing sorted out.

"Then the second step is are they (MLSE) interested in buying it? That's a separate issue."

Time is of the essence. The Argos' lease at Rogers Centre expires after the 2017 season.

THE CANADIAN PRESS

Toronto Argos and B.C. Lions owner David Braley GETTY IMAGES

TFC has faith despite Leiweke's disses

What do you do when the man who signs your paycheque takes a swipe at you or your co-workers?

If you're a Toronto FC player, you say nice things about Tim Leiweke and then politely disagree.

Leiweke, the outgoing president and CEO of MLSE, has made headlines since taking over the job in June 2013. Nothing has changed with the news that he will be stepping down by June 2015.

No matter when he leaves, part of Leiweke's legacy will be determined whether TFC makes the MLS playoffs — as he has promised it will. It has not looked good of late.

Toronto (9-11-7) has fallen to seventh place in the Eastern Conference. Only the top five teams in each conference make the playoffs.

Last week, Leiweke took aim at the players.

"The only two guys in our locker-room that are looking around and going we ain't going down unless we go down fighting are Michael Bradley and (new manager) Greg Vanney," Leiweke told a group of Ryerson students last Thursday. "We have work to do there. We're not done by any means."

Staying optimistic

"I think this group has a lot to prove and I think they will answer the bell."

TFC manager Greg Vanney

Bradley, a big-ticket midfielder brought on board by Leiweke, chose his words carefully when asked about Leiweke's criticism.

"Tim is very clever in the way that he goes about things. The words that he chooses, the moments when he chooses to say something," Bradley said Tuesday. "We all know there's no bigger supporter of this team than him. And so as president and CEO of this club, he certainly has the right to say anything and everything he wants."

But Bradley clearly has a different view of his teammates.

"On the inside of that locker-room, there's a group of guys who are ready to give everything they have over the course of these last seven games ... We're not in a hole and the situation is not nearly as doom and gloom as so many people try to make it out to be.

"I think you saw on Saturday night (in a 1-1 tie with Chicago) that whatever happens over these last seven games, we're going down swinging."

THE CANADIAN PRESS

O's latest win over Jays warrants a celebration in Baltimore

The Orioles' Jimmy Paredes, right, congratulates Steve Pearce on his three-run home run against the Blue Jays on Tuesday in Baltimore. Paredes later hit a home run of his own in an 8-2 victory, which won the Orioles their first American League East crown since 1997. With their ninth win in 10 games, the Orioles clinched their second playoff appearance in three years following a run of 14 consecutive losing seasons.

MITCHELL LAYTON/GETTY IMAGES

Bibeau making a good impression

Maple Leafs. 25-save shutout puts 20-year-old goalie on Buds' radar

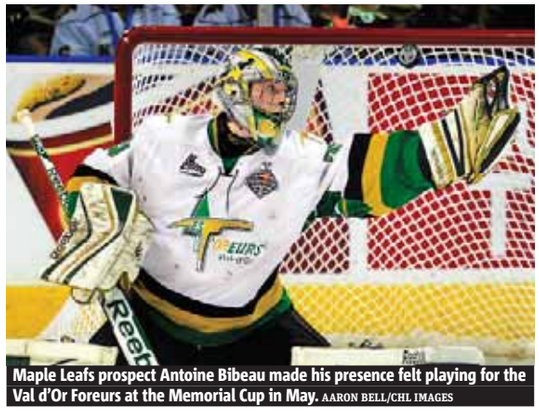
Antoine Bibeau is a name that is rocketing up the charts.

Bibeau backstopped the Maple Leafs rookies to a 2-0 shutout of the Pittsburgh Penguins on Tuesday as the Toronto prospects finished their four-team tournament with a 2-1-0 record.

It was perhaps fitting that Bibeau got the 25-save shutout at Budweiser Gardens, the home of the OHL's London Knights. It was there in May when he recorded a 51-save shutout in a 1-0 win by his Val d'Or Foreurs over the Knights in the Memorial Cup.

It was a performance that made the hockey world say: "Wait. Who?"

The 20-year-old was drafted 172nd overall by the Leafs in the 2013 draft and though he might be fifth on the depth chart — maybe even sixth if training camp invitee Cal Heeter catches on — he won't be that far down for long.


Maple Leafs prospect Antoine Bibeau made his presence felt playing for the Val d'Or Foreurs at the Memorial Cup in May. AARON BELL/CHL IMAGES

Quoted

"There was no panic to his game. He was very composed."

Marlies associate coach Derek King on Antoine Bibeau's performance on Tuesday

"Whenever I have a chance to make an impression, I want to," said Bibeau. "Today was that day. I'm going to try to do the same thing everyday for training camp.

The six-foot-two goalie made a few outstanding saves in his only performance at the prospects tournament, including a reaction glove save that kept the game scoreless in the first period. But his hallmark seems to be holding his ground, with minimal extra or scrambly movements.

"I'm a big goalie. I like playing that way," he said.

Bibeau is most definitely in the mix for the Marlies job, with Garret Sparks and Christopher Gibson.

"He is calm and at times we had a few barrages in our own end and that's what you want from a goalie," said coach Derek King, who handled the bench Tuesday.

Leafs camp opens Thursday with medicals. Outside of Bibeau's performance, there were a few other players who had solid rookie tournaments.

William Nylander, forward: The eighth overall pick from the June draft played only one game, but showed his explosive speed and talent that separated him from the rest of the players. He wants the puck, he sets up plays and he backchecks, twice stopping scoring chances. He picked up one assist on a great pass to David Broll.

Viktor Loov, defenceman: Outside of Nylander, he was the Leaf most were talking about. He's an imposing physical player at 6-2, 194 pounds. A Swede taken in the seventh round in 2012, he is not afraid to lay checks and looks like he might thrive on smaller ice.

Connor Brown, forward: He played twice, and had a goal and an assist. At 6-0, the 20-year-old from the sixth-round of the 2012 draft has put together a complete two-way game and feels increasingly comfortable with the pro life that awaits.

Brett Findlay, forward: You probably haven't heard of him, but he won a championship ring in his season with Alaska of the ECHL. He led the Leaf rookies in scoring, with two goals and two assists. He's 21 with a scoring touch.

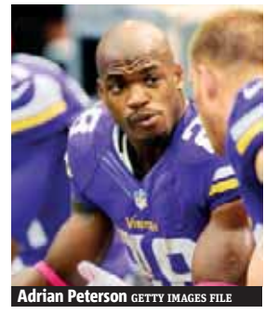
TORSTAR NEWS SERVICE

Adrian Peterson. NFL star's popularity tumbles with child abuse charge

For as long as he's been in the NFL, Adrian Peterson has been one of the most popular and most marketable stars in the league, an approachable superstar with the kind of inspirational comeback story that made him a marketer's dream.

Now that he is facing a felony charge of child abuse for spanking his four-year-old son with a wooden switch, the Minnesota Vikings running back is facing criticism like he never has before. In the wake of the Vikings' decision to allow Peterson to play while the legal process plays out in Texas, at least one team sponsor has suspended its relationship with the team, the governor has issued a public rebuke and stores are pulling Peterson merchandise from their shelves.

"It is an awful situation," Gov. Mark Dayton said Tuesday.


Adrian Peterson GETTY IMAGES FILE

"Whipping a child to the extent of visible wounds, as has been alleged, should not be tolerated in our state. Therefore, I believe the team should suspend Mr. Peterson, until the accusations of child abuse have been resolved by the criminal justice system."

THE ASSOCIATED PRESS

Sprint car racing death. Tony Stewart's fate lies in hands of grand jury

The decision whether to charge three-time NASCAR champion Tony Stewart in the August death of a fellow driver at a sprint car race in upstate New York will be up to a grand jury.

Ontario County District Attorney Michael Tantillo said Tuesday he made the decision to present the case to a grand jury after reviewing evidence collected by sheriff's investigators. Tantillo could have determined there was not enough evidence to support charges and dropped the case, but instead announced his decision more than a month after Stewart's car struck and killed Kevin Ward Jr. at a dirt-track race on Aug. 9.

Quoted

"Life just isn't the same without him."

Kevin Ward Sr. on the death of his son Kevin Ward Jr.

In a statement, Stewart said he respects the time and effort authorities have spent "investigating this tragic accident."

"I look forward to this process being completed, and I will continue to provide my full co-operation," he said.

THE ASSOCIATED PRESS

On probation

Gordon pleads to drunk driving

A prosecutor says suspended Cleveland Browns receiver Josh Gordon will receive probation and undergo a substance-abuse assessment after pleading guilty to a drunken-driving charge in North Carolina.

Acting Wake County district attorney Ned Mangum says Gordon received a 60-day suspended jail sentence and one year of unsupervised probation Tuesday. THE ASSOCIATED PRESS

Backlash

Judge in Pistorius trial under scrutiny

Several legal groups in South Africa have expressed concern about threats and harsh criticism of the judge who found Oscar Pistorius guilty of culpable homicide, but not guilty of the more serious charge of murder.

The comments directed at Judge Thokozile Masipa include allegations that the judge is corrupt, as well as attacks on her race and gender. THE ASSOCIATED PRESS

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GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. ∞∞Offer applies to eligible current owners or lessees of any model year 1999 or newer pick-up truck that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit is a manufacturer to consumer incentive (tax inclusive): $1,000 credit available towards the retail purchase, cash purchase or lease of one eligible 2013, 2014 or 2015 model year Chevrolet or GMC light or heavy duty pickup; delivered in Canada between September 3 and September 30, 2014. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice.

2015 Hyundai Sonata

- **Type:** Four-door, front-wheel-drive midsize sedan
- **Engine:** 2.4-litre four-cylinder (184 hp), 2.0-litre turbo four-cylinder (245)
- **Transmission:** Six-speed automatic
- **Base price:** $25,694

Market position

Risen to consistent top-seller status in the midsize segment (fourth in 2013, behind Accord, Fusion and Camry), by making each generation significantly better than the previous one. New model for 2015 focuses on safety technologies and a new interpretation of swoopy styling.

Points

- Seventh generation of Hyundai's family sedan.
- All-new chassis with significantly improved ride and handling.
- Available front and rear heated seats.
- New suite of driver-assist and safety technologies.
- Three selectable drive modes: Eco, Normal and Sport

The comfy cabin has intuitive, easy-to-use controls.

Safety features

Seven air bags, electronic brake force distribution and brake assist, traction and stability control, available adaptive cruise with stop-and-go capabilities, available forward-collision warning, blind-spot detection with rear cross-traffic alert, lane-departure warning system, and lane-change assist.

Less style, more substance

Review. Redesigned Hyundai Sonata swaps its exterior swoops for better handling and a much-improved ride

MIKE GOETZ
drive@metronews.ca

PHOTOS: MIKE GOETZ

Back in 2009, the sixth-generation Sonata rocked the midsize segment with killer looks and great value. Sonata has been a big seller ever since.

For the seventh-generation 2015 Sonata, Hyundai has dialed back the looks a bit. Mostly, it lost that dramatic slope line at the rear of the cabin. In the meantime, its competitors have jazzed up their content and visuals.

All this makes Sonata a slightly different proposition than it was last year, and playing to different strengths. It's more of an all-rounder, with a much-improved ride and better handling. The new chassis feels more secure and capable, and the electric power steering dials in more feel.

The new exterior shape improves outward visibility and rear-seat ingress and egress. As before, the rear-seat area is spacious, and it's one of the few midsize models that offers optional rear-seat heating.

The powertrain has some tweaks, but is basically carried over from last year, so you get two choices of four-cylinder power (2.4-litre or 2.0-litre turbo), both mated to a traditional 6-speed automatic, for that familiar shift feel and performance. A hybrid version is also available.

My test vehicle was a Sport model with the Tech package ($30,199), with the standard 2.4-litre four. With 185 hp and 178 lb.-ft. of torque on tap, it is very similar in refinement, power, fuel efficiency and on-road performance to the other big fours out there.

At the wheel, the Sonata has an easygoing personality, with very intuitive and easy-to-use controls and infotainment paraphernalia.

The Tech package showed off many new premium features, which are more-or-less expected in this midsize class, including a touch screen with navigation and rear-view camera, Bluetooth, blind-spot detection, rear park assist and a heated steering wheel.

Limited and Ultimate models are where you find the top-shelf technology, such as lane-departure and front-collision warnings and adaptive cruise control.

The new Sonata will continue to win its share of fans in this competitive segment.

Compare

1 Mazda6
Base price: $26,190
Voted AJAC's 2014 new car of the year. Fun to drive and look at, with lots of fun technology.

2 Chrysler 200
Base price: $21,290
Making a play with keen styling and keen pricing, and a 9-speed automatic.

3 Chevrolet Malibu
Base price: $26,695
Solid stuff, and GM is often ready to deal on price.

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*Corolla: $84 semi-monthly lease at 0.9% for 60 months, CE manual transmission only, with $1000 lease assist applied. Includes freight and fees, HST extra. **2014 Rav4, lease from 0.9% for 36-60 months, finance from 0.9% for 36-72 months. $2000 rebate on cash purchase only. All lease payments are on 60 month lease terms with a maximum of 100,000 km for the lease. $7000 cash rebate is available only on 2014 Tundra CrewMax models, cash deal only.

Historic automobiles get their due

From a curvaceous dune buggy and two iconic race cars to a Cadillac touring car that helped the British allies win the First World War, the new National Historic Vehicle Register has begun selecting automobiles it deems worthy of recognition at the U.S. Library of Congress

JUSTIN PRITCHARD
drive@metronews.ca

Drives of distinction. Register inducts its first four — we add one more

Since 1989, the National Film Registry has been adding culturally, historically and esthetically significant flicks to its illustrious collection at the U.S. Library of Congress.

Since 1966, the National Register of Historic Places has been documenting significant buildings, landmarks, ships and aircraft.

But automobiles had been stuck in low gear — until now. Earlier this year, the National Historic Vehicle Register began adding haute wheels to the Library's collection, as selected by the Historic Vehicle Association.

Here's a look at their first four choices, and our fearless prediction for the next selection. For more details, go to historicvehicle.org.

1918 Cadillac Type 57: U.S. 1257X

When Austria's Archduke Franz Ferdinand was gunned down in his motorcade in 1914, it triggered the bloodiest conflict of the 20th century.

When the U.S. joined the war in 1917, it shuttled 2,000 of these olive-coloured military Caddies across the pond.

There is only one known copy of the V8-powered touring car still in existence. It was used to support French and American troops near the front in Chalons, during the Second Battle of the Marne, the final major German offensive in the First World War.

It would also transport Eleanor Butler Roosevelt, wife of Theodore Roosevelt Jr. (the president's son), who was on a two-month mission to create a leave system for soldiers.

Shown in Nice in 1918, this Cadillac was one of thousands shipped to France for the First World War. COURTESY KAUTZ FAMILY

1964 Meyers Manx "Old Red"

The first fibreglass-bodied dune buggy made a splash when it broke the speed record from Tijuana to La Paz by five hours. It went on to win the inaugural Mexican 1000, the race that would become the Baja 1000.

Named for its high-humped tail, which resembles a manx cat's rump, Old Red was an off-roading revelation. Creator Bruce Meyers had a background building fibreglass boats and brought the gel coat found on sailboats into the kit-car universe.

As for the whimsical design, Meyers drew on the Sunday comic strips of his formative years, where Mickey Mouse and Donald Duck tooled around in funny little cars with big fat wheels. He's also confessed to taking cues from a woman's hips, and it's been noted that the front end looks like it's wearing a bikini.

metro AR In 1964, boat builder Bruce Meyers created the world's first fibreglass dune buggy. Scan this photo with your Metro News app for a video about this historic vehicle. CONTRIBUTED

1938 Maserati The Boyle Special

The Boyle Special won back-to-back Indy 500s in 1939 and 1940, and Wilbur Shaw became the first driver to repeat the feat in the same car.

Shaw went on to serve as president of the speedway until his death in 1954.

As for the open-wheel racing wunderkind, which features a double-overhead camshaft straight eight with twin superchargers, it still turns heads. At last May's 98th running of the Greatest Spectacle in Racing, the beautifully preserved legend gave speed fans a thrill by re-enacting its victory lap 75 years after pulling off the back-to-back wins.

You can see the 8CTF in the permanent collection of the Indianapolis Speedway's hall of fame.

1964 Shelby Cobra Daytona Coupe, CSX2287

Designed by Peter Brock and produced by Shelby American in its Venice, Calif., shop, the CSX2287 was the first of six Daytona Coupes ever made.

The hand-built study in aerodynamics crushed it on the racetrack, leading the 24 Hours of Le Mans for a 10-hour stretch. The second prototype led Shelby to victory lane at the FIA Manufacturer's GT Championship in 1965 — the first time an American team topped the standings.

The sleek speedster also raced at Daytona, Sebring and Spa before ending up in producer Phil Spector's garage — and appearing on an episode of the Monkees, where it duelled the mop-topped rockers' 1966 Pontiac GTO.

Woodrow Wilson's 1919 Pierce Arrow

Our prediction for next entry: After signing the Treaty of Versailles to end the First World War, Woodrow Wilson returned stateside in style. Greeting him dockside in New York was the latest addition to the White House motor pool: a jet-black Pierce Arrow series 51 (top photo).

The limo chauffeured the president until Warren Harding's inauguration a couple years later.

The AAA symbol pm the radiator reflects the fact that Wilson was the first president to become a member of the auto club, and the orange pinstripes are a nod to his Princeton alma mater.

The regal ride is one of the highlights of the Woodrow Wilson museum in Virginia.

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Starting From Price for 2015 Dodge Journey Crossroad shown: $31,785‡

+Your local retailer may charge additional fees for administration/pre-delivery that can range from $0 to $1,098 and anti-theft/safety products that can range from $0 to $1,298. Charges may vary by retailer.

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¤ Based on 2015/2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your retailer for the EnerGuide information. ¤ 2015 Chrysler 200 2.4 L Tigershark™ MultiAir® I-4 – Hwy: 6.4 L/100 km (44 MPG) and City: 10.2 L/100 km (28 MPG). 2015 Dodge Grand Caravan 3.6L VVT V6 6-speed automatic – Hwy: 9.4 L/100 km (30 MPG) and City: 13.7 L/100 km (21 MPG) (5-Cycle Dodge Grand Caravan values are for reference only). 2015 Dodge Journey 2.4L 16V I-4 with 4-speed automatic – Hwy: 9.1 L/100 km (31 MPG) and City: 12.7 L/100 km (22 MPG) (2015 ratings use the new 5-cycle Test Method). Wise customers read the fine print: ◊, *, ‡, •, †, €, ★, § The 2015s Are Here Event are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after September 3, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. ◊$8,100 in Total Discounts is available on the new 2015 Dodge Grand Caravan Canada Value Package models and consists of $7,000 Consumer Cash Discount and $1,100 in Consumer Bonus Cash. See your retailer for complete details. *Consumer Cash Discounts are deducted from the negotiated price before taxes. ‡3.99% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2015 Chrysler 200 LX (28A)/2015 Dodge Grand Caravan Canada Value Package (29E)/2015 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995/$19,995/$20,495, with a $0 down payment, financed at 3.99% for 96 months equals 208 bi-weekly payments of $112/$112/$115 with a cost of borrowing of $3,394/$3,394/$3,478 and a total obligation of $23,388.63/$23,388.63/$23,973.49. •$1,100 Consumer Cash Bonus available on new 2015 Dodge Grand Caravan Canada Value Package models at participating retailers in Ontario, Quebec and Atlantic. Consumer Bonus Cash will be deducted from the negotiated price before taxes. See retailer for complete details. †0% purchase financing for up to 36 months available on new 2014 Dodge Grand Caravan/2014 Dodge Journey models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2014 Dodge Grand Caravan Canada Value Package (29E)/2014 Dodge Journey Canada Value Package (22F) with a Purchase Price of $19,995/$19,995 with a $0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of $256.35/$256.35 with a cost of borrowing of $0 and a total obligation of $19,995/$19,995. €$5,125 in Package Value available on the new 2014 Dodge Grand Caravan SXT Ultimate Family Package (RTKH5329G) model based on the following MSRP options: $850 Climate Group, $1,925 Single DVD Entertainment, $1,500 SXT Plus Group and $850 Uconnect Hands-Free Group. $7,140 in Package Value available on the new 2014 Dodge Journey SXT Ultimate Journey Package (JCDP4928K) model based on the following MSRP options: $1,475 Flexible Seating Group, $1,200 Rear Seat DVD, $525 Convenience Group, $2,645 Navigation & Sound Group and $1,295 Sunroof. See your retailer for complete details. ★Discounts available at participating retailers on the purchase/lease of only the following new vehicles. 2014 Dodge Grand Caravan SXT with Ultimate Family Package (RTKH5329G). Discount consists of: $850 in no-cost options and $2,500 DVD Incentive that will be deducted from the negotiated price before taxes. 2014 Dodge Journey SXT with Ultimate Journey Package (JCDP4928K). Discount consists of: $2,495 in no-cost options and $2,500 DVD Incentive that will be deducted from the negotiated price before taxes. Some conditions apply. See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under license. ^Based on R. L. Polk Canada, Inc. May 2008 to September 2013 Canadian Total New Vehicle Registration data for Crossover Segments as defined by Chrysler Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC.

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Plug-in hybrid BMW sets the pace for Formula E electric racers

In a case of electric serendipity, BMW's new flagship hybrid sports car, the 2015 i8 two-seat coupe, has been named the official safety car for the low-emissions, global electric racing series, known as Formula E. The Bavarian automaker's plug-in hybrid course car was revealed at the Donington Park racing circuit in the United Kingdom, an ex-Grand Prix venue and the home base of Formula E racing. The i8 should be more than up to the task of leading racers around a circuit, says website Motor Authority, with its 1.5-litre three-cylinder turbocharged engine and two-motor electric drive system producing a combined 357 horsepower. Its top speed on electric power alone is 135 km/h.

The BMW i8 will be the official pace car for the Formula E racing series. The coupe has a combined horsepower of 357 and a top speed of 135 km/h on electric power alone. ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM.

Cruze Diesel sales are slow off the line

The first diesel passenger car to be sold by General Motors in almost three decades is off to a slow sales start after being available to the public for almost a full year now. From last July through June of this year, the 2014 Chevrolet Cruze Diesel sold a mere 5,974 units, or just 2 per cent of the more than 300,000 Cruze models sold over that period. The diesel Cruze hasn't yet come close to the 10 per cent sales mark suggested at its launch by former Chevy sales chief Don Johnson. The Volkswagen Jetta TDI, the only other mid-size diesel sedan currently on the market, sold 46,409 units over the same period.

The diesel model accounts for just 2 per cent of total Cruze sales, after a full year on the market . Chevrolet had predicted 10 per cent.

Shift points

- Toyota has been approved by Japan's Ministry of Economy, Trade and Industry to manufacture and self-inspect high-pressure hydrogen tanks for fuel-cell vehicles, allowing it to manufacture tanks using in-house inspectors. Toyota says this will lead to improved manufacturing efficiency, productivity improvements and cost reductions for FCVs.
- North America's first hybrid vehicle, the Honda Insight, is no more. Neither is the company's tall subcompact wagon, the Fit EV. Honda sold 280,629 Insights globally last year — fewer than 5,000 of them in the United States.

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Conditions apply. *Representative semi-monthly lease offer based on new 2014 Sentra 1.8 S MT (C4LG54 AA00), M6 transmission. 0% lease APR for a 39 month term equals 78 semi-monthly payments of $69 with $0 down payment, and $0 security deposit. First semi-monthly payment, down payment and $0 security deposit are due at lease inception. Prices and payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at $0.10/km. Total lease obligation is $5,400. $3,750 cash discount included in advertised lease offer, applicable only on 2014 Sentra 1.8 S MT (C4LG54 AA00), M6 transmission through subvented lease, finance through NCF. This offer is only valid from Sept 3-30, 2014. Conditions apply. *Representative finance offer based on a new 2014 Versa Note 1.6 S, MT (B5RG54 AA00). Selling Price is $14,949 financed at 0% APR equals 182 bi-weekly payments of $74 for an 84 month term or 182 bi-weekly. $1,499 down payment required. 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Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between Sept. 3-30, 2014. *Offer is administered by Nissan Canada Extended Services Inc. (NCESI) and applies to new 2014 Nissan Sentra models (each, an "Eligible Model") leased and registered through Nissan Canada Finance Services Inc., on approved credit, between Sept. 3- 30, 2014 from an authorized Nissan retailer in Canada. Offer recipient will be entitled to receive a maximum of six (6) service visits (each, a "Service Visit") for the Eligible Vehicle – where each Service Visit consists of one (1) oil change (using conventional 5W30 motor oil) and one (1) tire rotation service (each, an "Eligible Service"). All Eligible Services will be conducted in strict accordance with the Oil Change and Tire Rotation Plan outline in the Agreement Booklet for the Eligible Vehicle. The service period ("Service Period") will commence on the lease transaction date ("Transaction Date") and will expire on the earlier of: (i) the date on which the maximum number of Service Visits has been reached; (ii) 36 months from the Transaction Date; or (iii) when the Eligible Vehicle has reached 48,000 kilometers. All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. 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ALG is the industry benchmark for residual values and depreciation data, www.alg.com. ^Based on GAC (AIAMC) Compact segmentation. All information compiled from third-party sources, including AutoData and manufacturer websites. July 30, 2014. **Based on GAC (AIAMC) Compact segmentation. All information complied from NR Can Fuel Economy data and third-party sources, including manufacturer websites. Gasoline engines only, excludes hybrids, diesels and electric vehicles. July 30, 2014. iPod® is a registered trademark of Apple Inc. All rights reserved. iPod® not included. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998-2014 Nissan Canada Inc. and Nissan Financial Services Inc. a division of Nissan Canada Inc.

Cyclists can improve their odds by being predictable, obeying traffic signals and making eye contact with drivers. TORSTAR

Riding or driving, bicycling safety is up to everyone

Driving Force.

Everyone sharing the road must be aware of the dangers cyclists face from cars, trucks and each other

JIL MCINTOSH
drive@metronews.ca

Cycling is great exercise and a viable means of transportation, but it can also be dangerous when vehicle traffic is part of the mix. It's important for everyone to take an active role in bicycle safety.

"We always tell motorists that they have metal around them, while cyclists are vulnerable, but cyclists should be good road-sharing partners as well," says Teresa Di Felice, director of government and community relations for CAA South Central Ontario. "We want to mitigate conflict and get to safety."

It's important for cyclists to think about safety and follow the rules of the road, since drivers can't predict what cyclists are going to do. This includes riding with the flow of traffic (unless there's a bike-specific contraflow lane), obeying traffic signals, and making eye contact with motorists at intersections.

Likewise, drivers need to give cyclists at least a metre of space when passing them, check for cyclists alongside when making right-hand turns, and look for oncoming bicycles when making left-hand turns. Drivers also need to stay farther back when driving behind a cyclist, since a bicycle can stop much faster than a car.

Cyclists have to use extra caution around big trucks, which have large blind spots despite their multiple mirrors.

"Cyclists are flexible and can get into smaller spaces, but that space between a curb and a car is different when it's a curb and a truck," Di Felice says.

"We tell cyclists to stay back behind the truck, to let it go and make its turn."

Even though truck drivers make wide right turns, the trailer will always turn sharper than the truck, and a cyclist waiting at the curb could be crushed under the trailer's rear wheels before he even realizes he's in danger.

Di Felice also warns that while cars should move out to pass cyclists, trucks can't always do this.

"There's a responsibility for the trucker to give cyclists space, but they can't easily weave out, especially if it's uphill. We encourage truckers to do what they can, but cyclists must realize that no one's trying to be aggressive, and they can't manoeuvre a truck the way they would a car."

Cyclists should also make themselves visible with lights or reflective clothing, especially at dusk, when those on bikes may still think it's bright outside but motorists have less visibility through their windshields.

If one cyclist in a group has the brightest lights or clothing, put that person at the back of the pack, if possible.

"Cycling isn't a fad, and we're seeing it increase," Di Felice says. "It's important to address this, and our role is to look at what needs to be done."

Safety tips

- Distracted cycling is dangerous, and cyclists shouldn't phone or text while riding, or wear earbuds that could drown out traffic noise.
- To avoid "dooring" cyclists, drivers should open doors with their right hands, which forces them to look behind them.
- CAA.ca offers free tips on bicycle safety, as well as CAA's Bike Assist program for members.

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The Suzuki V-Strom has been redesigned for 2014, making it lighter and more stable. MARISSA BAECKER

Over a mountain and off the road

Suzuki V-Strom. Trim and slim bike makes smooth work of a tour up the Coquihalla and along the Sowaqua

MARISSA BAECKER
drive@metronews.ca

My spirit for adventure was awakened the moment the 2014 Suzuki V-Strom 1000 SE was unloaded from the trailer — bright red and adventure-ready. The road less travelled was calling my name.

The SE is ready for the long haul before your imagination can decide where to take you. It's equipped with hand guards, centre stand, side panniers and a nine-way adjustable windscreen right off the showroom floor.

I closed the pannier, plugged my cellphone into the 12-volt outlet, set the trip meter to zero and navigated the quickest way out of downtown Vancouver — intent on racking up 800 kilometres in search of the smell of fresh cedar.

The V-Strom is still tried-and-true, but it got a make-over for 2014. Changes include a redesigned fuel-injected engine with increased cooling capacity which serves up low- and mid-range torque for those tricky off-road areas; redesigned exhaust; transmission tweaks; plus a chassis and suspension upgrade. It all equates to improved stability.

Recent increased speed limits on B.C. highways showed off the V-Strom's sport handling, and the inverted front forks absorbed every slight bump.

I slipped through the gears and into sixth for a smooth ride, as the city skyline sank rapidly in my rear-view and the mountains grew taller before me.

Roaring past sprawling pastures of livestock and agriculture, my adventure mirage was intermittently halted by the offensive smell of freshly spread manure along Highway 1 through Chilliwack.

Having survived the sensory assault, I resettled into the saddle just in time to enjoy the onslaught of sweeping curves on the approach into the mountains.

I was reacquainting myself with Mother Nature when Aeolus, the Greek god of wind, took over in the rocky canyons as I climbed the Coquihalla. Seemed like a good time to leave the pavement for a more sheltered route.

Into the woods, where trees were plentiful and campfire vapours teased their bows. The banks of Sowaqua Creek were bursting with rapidly flowing mountain runoff as I rode alongside.

I arrived in the clearing of a private canyon paradise, with its occupants lounging creekside. After a slide U-turn, I flipped on the traction control and my rear tire gripped the gravel as I headed back to the main road. I marvelled that my backside wasn't hurting after two-and-a-half hours of riding.

I accelerated past the 18-wheelers up to the 1,728-metre Pennask Summit, where I again left the road for a descent through Bear Creek. The sun was dipping and it wasn't long before I tested the ABS and then stared down a path-crossing moose. We eyed one another warily at a distance until she meandered back into the brush. This is what it's all about, I thought to myself.

Suzuki V-Strom 1000 SE

- **Price.** $11,999 base, $12,999 for SE model
- **Engine.** 1037-cc V-twin liquid-cooled 4-stroke
- **Weight.** 228 kg
- **Features.** Three-way traction control, ABS, shaped comfort seat with high-grip sidewalls carved out for optimal foot position.

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Offer excludes taxes.

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Delivery Allowance	$500
TOTAL PRICE ADJUSTMENTS	$1,755
SHARE OUR EMPLOYEE PRICE	$24,494*

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FEATURES:
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- Active Grille Shutters
- Up to 1,920 Litres of Cargo Capacity

2014 F-150 SuperCab STX

Employee Price Adjustment	$2,422
Delivery Allowance	$6,750
TOTAL PRICE ADJUSTMENTS	$9,172
SHARE OUR EMPLOYEE PRICE	$24,327*

Offer excludes taxes.

FEATURES:
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This portable inductive charge spot may one day keep electric cars powered up on the road. AFP

Creative juice. Prow-like pyramid uses inductive charging for electric cars

Researchers at the Fraunhofer Institute in Germany have developed an innovative solution to recharging electric vehicles. The inductive charging system uses a portable column jutting out in front of the car's license plate.

Already found in some small home appliances, inductive charging uses electromagnetic fields to transfer energy from one source to another.

One induction coil, located in the power source, creates an alternating electromagnetic field, while a second coil draws the energy from the first to recharge a battery.

The originality of the charging system created by Fraunhofer lies in the concentration of the technology needed to power a car within a relatively small yellow column that contains the stacked coils.

The energy is received by another set of coils placed just behind the vehicle's front license plate. By design, this technology is compatible with all electric vehicles, from ultra-compact city cars to large SUVs.

In contrast, other inductive car charging platforms rely on costly and complex underground installations, such as the ones being tested by auto makers such as Volvo.

With their compact column, the Fraunhofer engineers promise a solution that is more economical but also more practical, as it is portable and can be used anywhere.

For the time being, the system is only able to transmit 3 kilowatts, far less than wired charging stations.

The technology will only be developed for the mass market if it can be produced and sold relatively cheaply. AFP

Creative code. Mercedes adds QR label to help first responders at crash scenes

Mercedes-Benz is rolling out a simple system that will help fire, police and ambulance crews access critical information about a car on the scene of an accident.

The stickers are QR codes that, when scanned by a smartphone or tablet, will identify the exact model of car, where its airbags, batteries and high-voltage cables are located, and the optimum points for cutting the vehicle open and safely extracting occupants if the accident is serious.

Mercedes revealed it was working on the system, called Rescue Assist, in 2013 and said it hoped to bring it to new and existing cars in its range by 2015. It has also waived any rights to patent the idea, in the hopes that other car companies would follow its lead and introduce the stickers to their own vehicles.

Two QR stickers are applied to the car, one behind the fuel filler cap and another on the inside of the door frame on the opposing side of the vehicle. The idea is that if a car rolls as the result of an accident, whether it comes to rest on one of its sides or on its roof, the sticker can still be scanned and the relevant information obtained quickly.

At the moment, in order to identify the precise make and model, first responders need to consult a database and, as the internal differences between cars becomes greater, while external differences are disappearing, this can prove time-consuming.

Mercedes-Benz plans to create Rescue Assist codes for all of its vehicles as far back as 1990, and existing owners will be able to get them added to their cars free of charge. AFP

Scannable labels help firefighters identify the car and safety risks. AFP

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Your ideas may be amazing but unless you find practical ways of applying them to your everyday affairs they won't do you much good.

♉ Taurus
April 21 - May 21
The Sun in Virgo endows you not only with a positive outlook but also a willingness to take risks. Something you begin over the next few days could change your life in remarkable ways.

♊ Gemini
May 22 - June 21
Not everything will go the way you want it to go today but those things which do work out right will far outnumber those things which don't.

♋ Cancer
June 22 - July 23
Because recent months have been hectic there were things you wanted to do but never quite got round to. Now you can begin to move in a more agreeable direction. Focus only on what makes you smile.

♌ Leo
July 24 - Aug. 23
The successes of recent weeks could still easily be reversed, so don't start thinking you have cracked it and no longer need to make an effort.

♍ Virgo
Aug. 24 - Sept. 23
The past few weeks have seen many beneficial changes in your life and before the Sun leaves your sign on the 23rd there will be more surprises.

♎ Libra
Sept. 24 - Oct. 23
Mercury, the planet of the mind, in your sign makes this the ideal time to figure out what you need to change to make your life more complete.

♏ Scorpio
Oct. 24 - Nov. 22
Are you delighted with what you have achieved? Or are you saddened because you wasted so many opportunities? Either way you should not get too worked up about it.

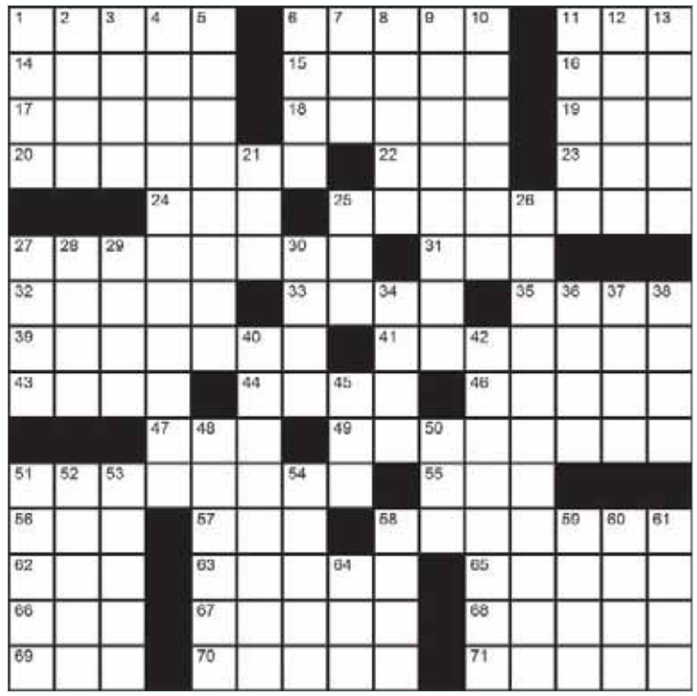
♐ Sagittarius
Nov. 23 - Dec. 21
The way you react to problems of a partnership nature is of the utmost important today. If you criticize others too harshly then you must expect matters to most likely get worse.

♑ Capricorn
Dec. 22 - Jan. 20
Too often in the past you have been content to let life come to you, but now you must push yourself forward at every opportunity. Success comes to those who dare.

♒ Aquarius
Jan. 21 - Feb. 19
Over the next few days you should rests. When the Sun changes signs on the 23rd it will be all go again, but in a good way, so save yourself for then.

♓ Pisces
Feb. 20 - March 20
Neptune, your ruler, is linked with mind planet Mercury today, so your brain will be buzzing with ideas. For results, limit yourself to one objective.

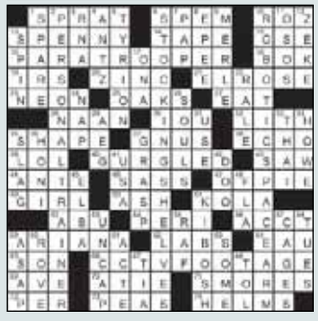
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Jessica Alba's hubby Mr. Warren's
6. __ Ark
11. Wordplay
14. Add to the tab: 2 wds.
15. "_ __ Grows in Brooklyn" (1945)
16. Singer's trophy, e.g.
17. Flower feature
18. Category
19. Duran Duran song
20. Cape Breton: __ Wilderness Area
22. Mr. McLean, et al.
23. Highlander's hat
24. Days opp.
25. #58-Down sauce
27. 'The Great' Quebec river: 2 mots
31. US gov. radio service
32. "The results __ __!"
33. Humorous hound
35. Actor Stephen's
39. Goes forth without a plan: 2 wds.
41. Cancel
43. Mr. Meyers
44. Centimetre, e.g.
46. "The _! __ Hollywood Story"
47. Mr. Hanks
49. "Run with Us": 1987 hit for Canadian songstress Lisa __
51. BC's __ Coast
55. Indonesia's __ Islands
56. Chicoutimi chum
57. __-Caps (Candy brand)
58. Lustrous lip liners
62. The Beeb
63. Brash
65. King Arthur's father, __ Pendragon
66. Liberace's nickname
67. Furor
68. Publish
69. Be imperfect
70. Prefix to 'dactyl' (Flying reptile)
71. Gregor __ (Main character of Franz Kafka's The Metamorphosis)

Down
1. Rocky projection
2. Halo
3. High-hatter
4. Canadian Museum for __ __, brand new in Winnipeg
5. King Leonidas and his people
6. Harps at
7. 'Capri' suffix
8. Musician/actor Desi
9. Robert __, Canadian 'Shark' on ABC's "Shark Tank"
10. Manages the matter: 2 wds.
11. PQ = __ Quebecois
12. Arctic boat
13. One of The Judds
21. Military org. in The States
25. TV actor Mr. McGinley
26. "Also Sprach __": Richard Strauss piece in "2001: A Space Odyssey" (1968)
27. Rules
28. India.__ (Singer/songwriter)
29. Gracious guy
30. Fawn
34. "That __ __ silly!"
36. Avoir's cohort
37. Take _ __ from (Be influenced)
38. Garden construction
40. At hand
42. Devises a new plan after a setback
45. W. Somerset Maugham novel, Cakes and __
48. "__, __!" (Retort to a rather clever barb!)
50. 'Event' suffix
51. Sand: French
52. Earthy pigment
53. Not as rude
54. Oslo's country, to its citizens
58. Greek pita serving
59. Crevice fille
60. Poetic nightfalls
61. Mlle. cousin
64. Worm: French

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	3					1		7
	6	7	3				9	2
5			8	7			6	
			2		3	6	7	
		3		8		4		
	5	6	9		7			
	8			2	9			6
6	1				5	9	4	
3		9					1	5

Yesterday's Sudoku

1	8	2	9	7	3	4	5	6
4	3	9	5	6	8	7	2	1
7	6	5	2	1	4	9	8	3
9	2	6	3	4	1	8	7	5
8	7	1	6	5	9	3	4	2
3	5	4	8	2	7	1	6	9
6	4	7	1	9	2	5	3	8
2	1	3	7	8	5	6	9	4
5	9	8	4	3	6	2	1	7

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OWN IT! $39 WEEKLY

Rio4 SX with Navigation^Δ Cash purchase price $22,714
hwy / city 100km*: 5.3L/7.3L

2015 RIO LX MT

OWN IT! $39 WEEKLY | $0 DOWN PAYMENT | 0% FINANCING FOR 84 MONTHS^✓

Offer includes delivery, destination, fees and a $1,500 loan rebate†. Offer based on 2015 Rio LX MT (RO541F) with a purchase price of **$14,114**. Excludes HST.

OWN IT! $44 WEEKLY

Forte SX shown^Δ Cash purchase price $26,814
hwy / city 100km*: 5.3L/8.0L

2015 FORTE LX MT

OWN IT! $44 WEEKLY | $0 DOWN PAYMENT | 0% FINANCING FOR 84 MONTHS^✓

Offer includes delivery, destination, fees and a $1,500 loan rebate†. Offer based on 2015 Forte LX MT (FO541F) with a purchase price of **$16,014**. Excludes HST.

OWN IT! $72 WEEKLY

Optima SX Turbo AT shown^Δ Cash purchase price $36,414
hwy / city 100km*: 5.7L/8.9L

2015 OPTIMA LX AT

OWN IT! $72 WEEKLY | $0 DOWN PAYMENT | 0% FINANCING FOR 84 MONTHS^✓

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Optima SX Turbo AT shown^Δ

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Sportage SX AT Luxury AWD shown^Δ

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Rondo EX Luxury 7-seat shown^Δ

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